

HER Life Hacks

DESIGNING YOUR NEW NORMAL MINDSET

Workbook



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<https://HERLifeHacks.com>

Personal Reflections of Lifestyle After the Onset of COVID-19

1. How has your life changed since you first heard about COVID-19
2. What losses have you suffered?
3. What positive changes have you experienced?
4. What expectations do you have for the future?

MINDSET QUIZ

1. Select the number for each question which best describes you and enter it in My Score column.
2. Total and record your score when you have completed each statement
3. Using the SCORE chart, record your mindset

	Strongly Agree	Agree	Disagree	Strongly Disagree	My Score
Your intelligence is something very basic about you that you can't change very much	0	1	2	3	
No matter how much intelligence you have, you can always change it quite a bit	3	2	1	0	
Only a few people will be truly good at sports, you have to be born with the ability	0	1	2	3	
The harder you work at something, the better you will be	3	2	1	0	
I often get angry when I get feedback about my performance	0	1	2	3	
I appreciate when people, give me feedback about my performance	3	2	1	0	
Truly smart people do not need to try hard	0	1	2	3	
You can always change how intelligent you are	3	2	1	0	
You are a certain kind of person and there is not much that can be done to really change that	0	1	2	3	
An important reason why I do my work is that I enjoy learning new things	3	2	1	0	

SCORE CHART

- 22-30** = Strong Growth Mindset
17-21 = Growth with Some Fixed Ideas
11-16 = Fixed with Some Growth Ideas
0-10 = Strong Fixed Mindset

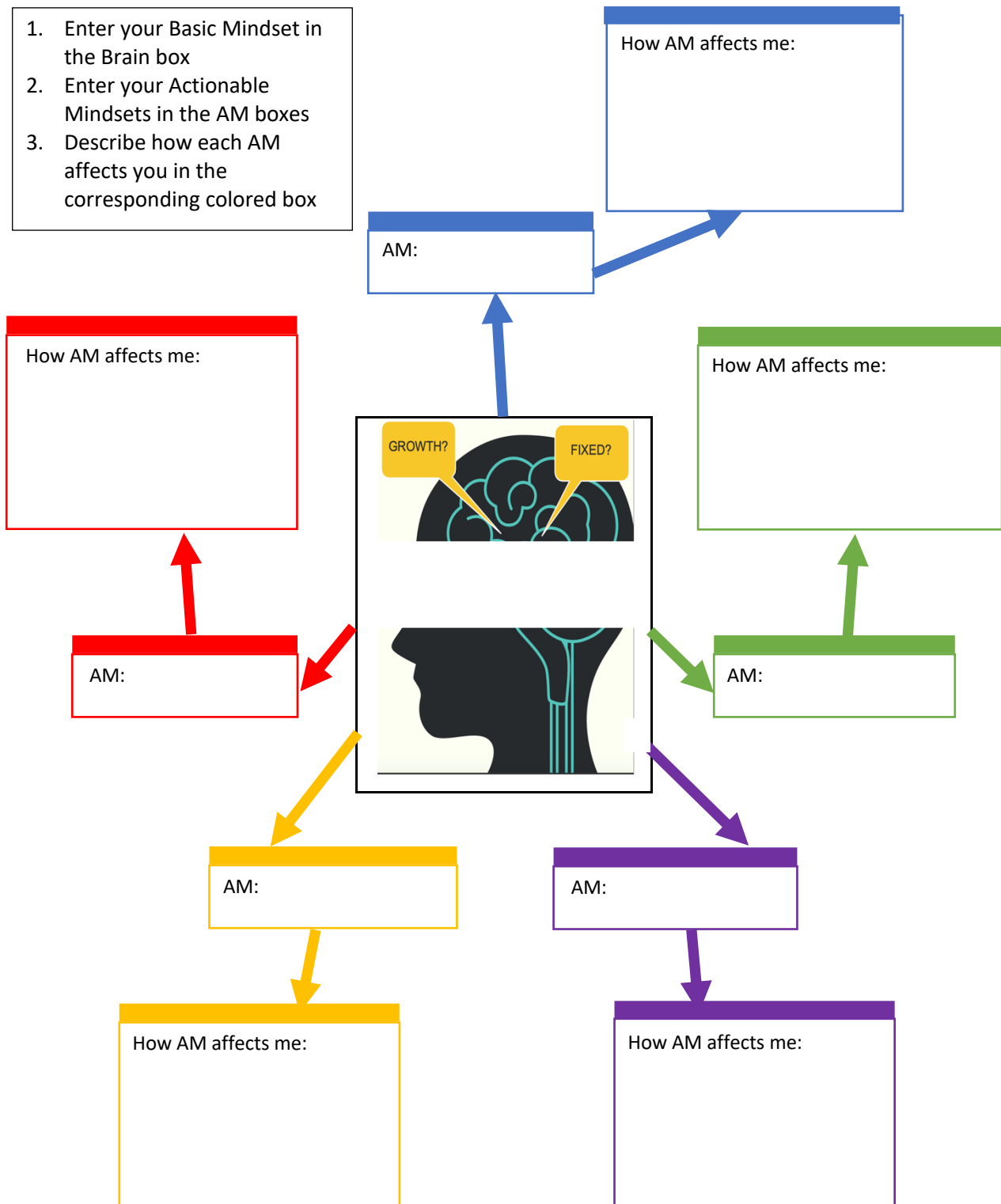
MY SCORE		MY MINDSET	
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ACTIONABLE MINDSETS

- Directions:
1. Now that you've identified whether your basic mindset is Growth or Fixed, check the 5 Actionable Mindsets in the THAT'S ME! column that are most like you.
 2. Then check whether that mindset has a positive or negative impact on your life.
 3. If there are additional ACTIONABLE MINDSETS that describe you but are not listed, add them in the bottom rows beside Other

THAT'S ME!	MINDSETS	POSITIVE	NEGATIVE
	Accountable		
	Angry		
	Business		
	Confident		
	Courageous		
	Creative		
	Curiosity		
	Dreamer		
	Embrace Risk and Failure		
	Envy		
	Fear		
	Flexible		
	Focused		
	Follower		
	Goal-setting		
	Gratitude Attitude		
	Greed		
	Growth		
	Health		
	Lazy		
	Learning		
	Non-conformist		
	Patient		
	Positive		
	Productive		
	Purpose-driven		
	Self-trust		
	Short-Term		
	Social		
	Success		
	Winning		
	Other:		
	Other:		

YOUR CURRENT MINDSET MAP



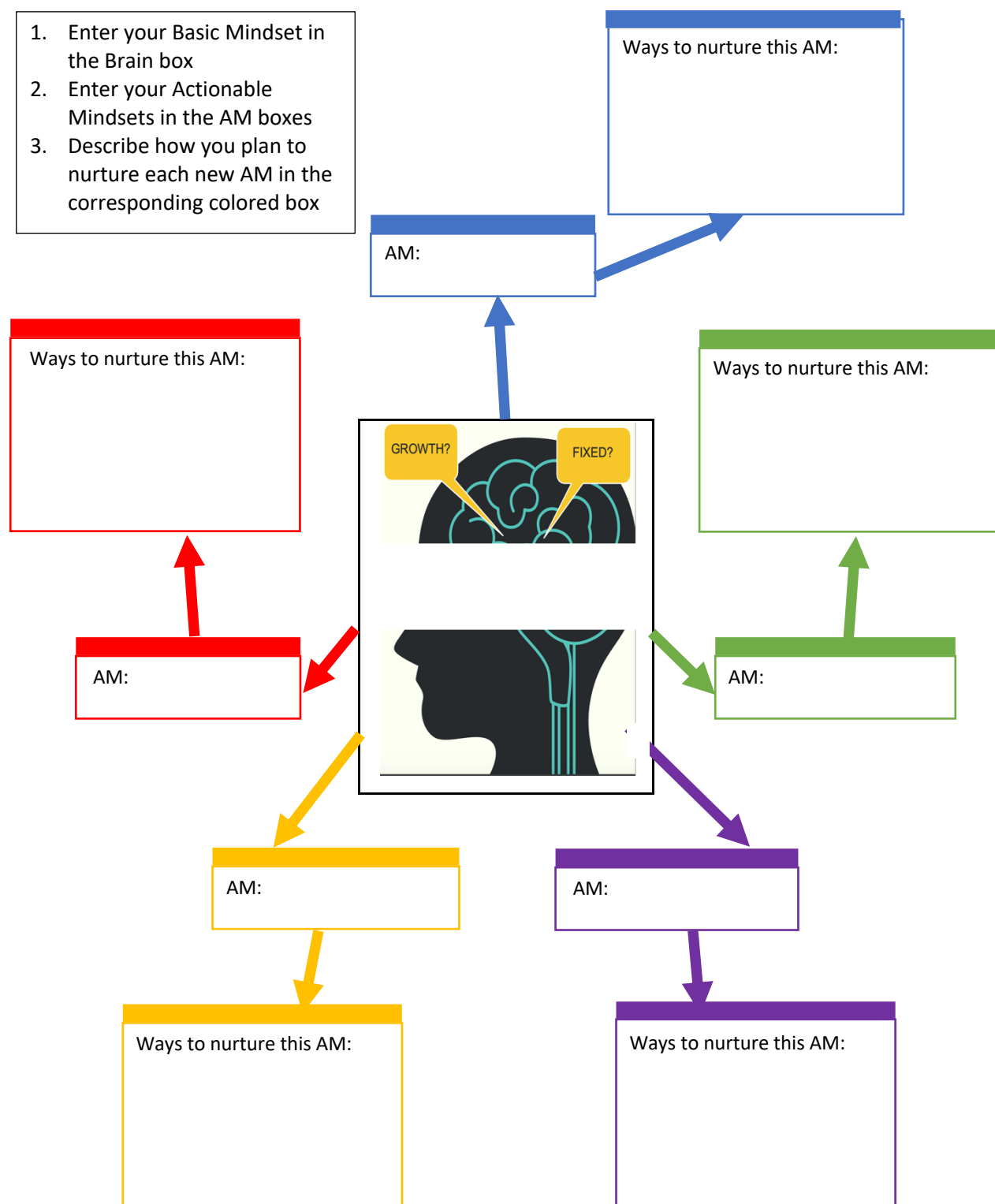
Transitioning from My Current Mindset to My New Normal Mindset

Personal Reflections

1. Does your Basic Mindset (Growth or Fixed) serve you well? Why or why not? Will it continue to serve you in a future of rapid and often unpredictable change? Think about the characteristics of the Growth Mindset – 1) amount of effort needed to change; 2) ability to master challenges; and 3) embracing mistakes and feedback for learning. Which one(s) do you want to work on to improve how you live your life?
2. Which of the five Actionable Mindsets that you entered into your Current Mindset Map serve you well and that you want to continue to apply in your life?
3. Which of the five Actionable Mindsets do not serve you well and which mindsets would be an appropriate replacement for them?

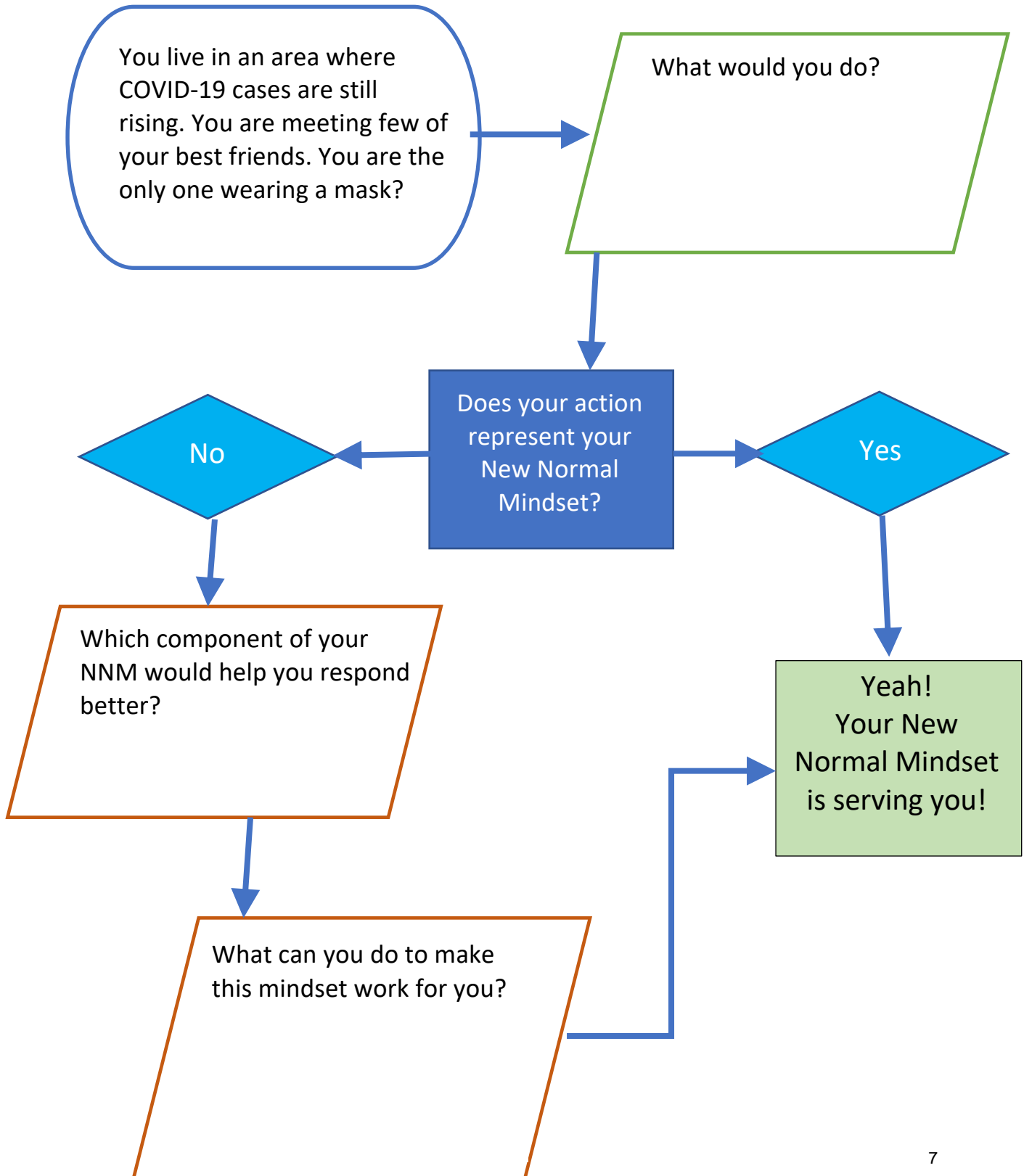
YOUR NEW NORMAL MINDSET MAP

1. Enter your Basic Mindset in the Brain box
2. Enter your Actionable Mindsets in the AM boxes
3. Describe how you plan to nurture each new AM in the corresponding colored box



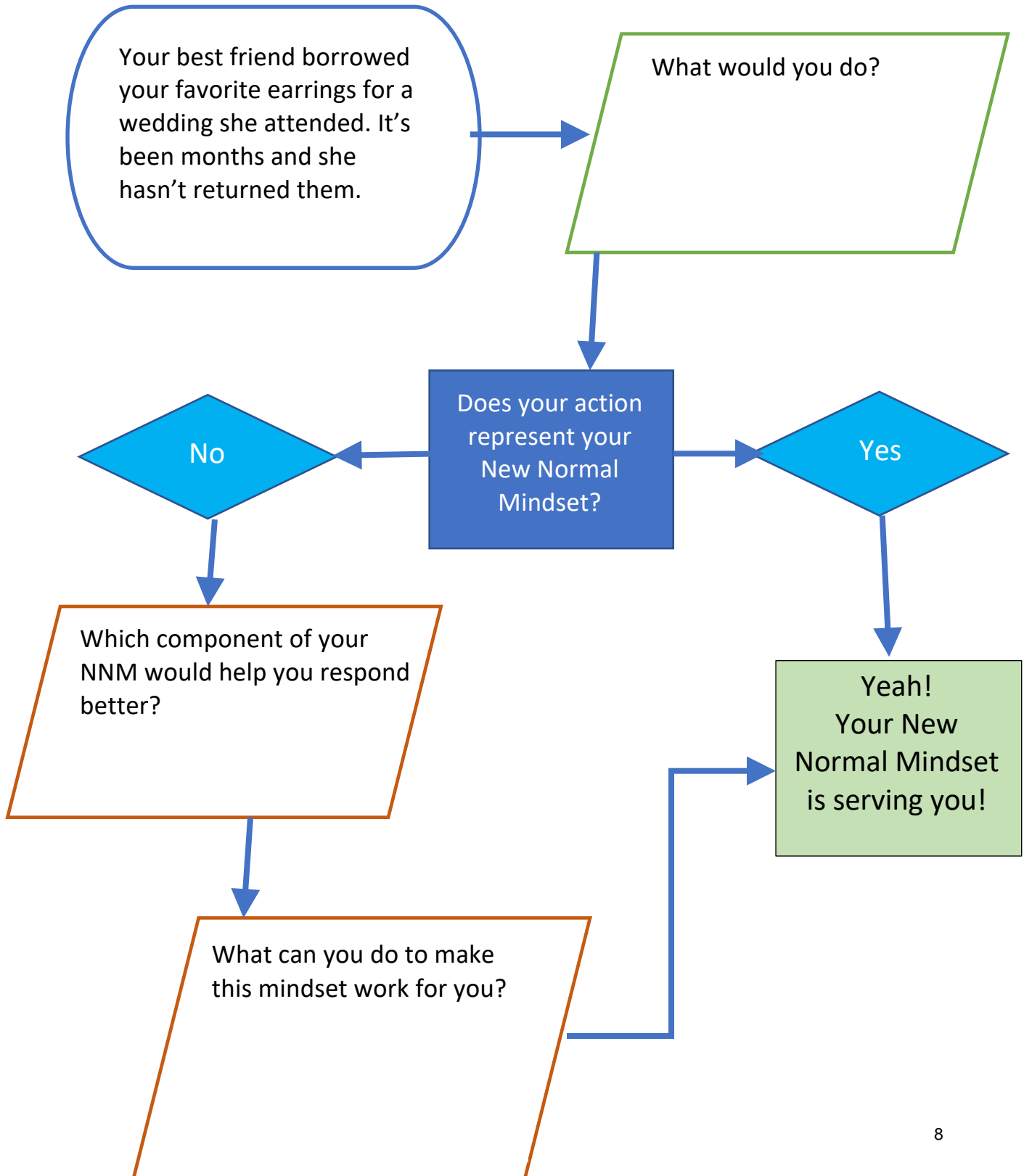
SITUATIONAL FLOW CHART 1

Directions: Start with the situation described in the oval box. Follow the arrows and fill in your responses to the questions/statements.



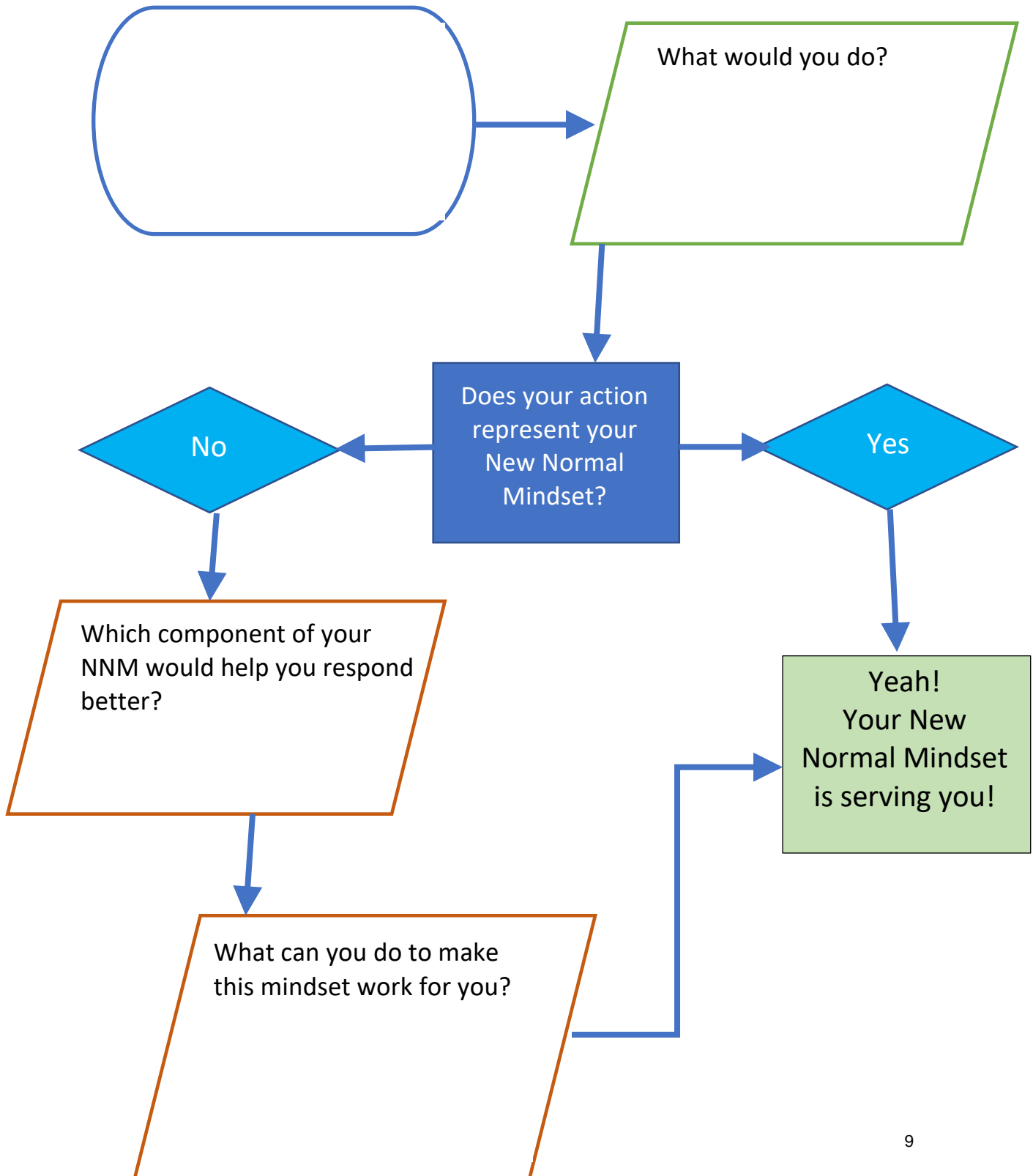
SITUATIONAL FLOW CHART 2

Directions: Start with the situation described in the oval box. Follow the arrows and fill in your responses to the questions/statements.



SITUATIONAL FLOW CHART

Directions: Describe a situation you might face in the oval box. Follow the arrows and fill in your responses to the questions/statements.



SITUATIONAL FLOW CHART

Directions: Describe a situation you might face in the oval box. Follow the arrows and fill in your responses to the questions/statements.

