

# Change Your Thoughts

Our thoughts can directly affect our results. When you change your narrative you can change your results. Please follow the instructions below and complete the *Change Your Thoughts* exercise.

- 1) Starting with Unproductive Thoughts (left column) describe the thoughts (or story) you tell yourself.
- 2) In the Actions section in the left column, indicate the actions that stem from this thought.
- 3) In the Results section in the left column, indicate the results of your actions.
- 4) Now CHOOSE more Productive Thoughts (right column) and repeat the entire exercise.
- 5) Notice how your Results change in a positive way when you start with a Growth Mindset thought.

| Unproductive Thoughts<br>(Fixed Mindset) |                 | Productive Thoughts<br>(Growth Mindset) |
|------------------------------------------|-----------------|-----------------------------------------|
| <hr/> <hr/>                              | <b>THOUGHTS</b> | <hr/> <hr/>                             |
| <hr/> <hr/>                              | <b>ACTIONS</b>  | <hr/> <hr/>                             |
| <hr/> <hr/>                              | <b>RESULTS</b>  | <hr/> <hr/>                             |