

Success Mindset Workbook - Professional

For the best results you need to be completely honest with yourself and not overthink your answer when marking yourself out of 10.

For all answers 1 is LOW and 10 is HIGH.

1 Overall how do you rate your professional success?

1 2 3 4 5 6 7 8 9 10

• Write down why you didn't give yourself the number below?

• Write down why you didn't give yourself the number above?

• What do you need to do to get to the next number - brain storm ideas?

• Choose 1 thing from your list that you are going to do for the next week

• Who is going to hold you accountable?

Reflection

• What went well?

• What didn't go so well?

• What would you differently next time?



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For all answers 1 is LOW and 10 is HIGH.

2. How well do you cope with stress?

1 2 3 4 5 6 7 8 9 10

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3. How well do you handle criticism or negative feedback?

1 2 3 4 5 6 7 8 9 10

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4. How good are you at dealing with conflict?

1 2 3 4 5 6 7 8 9 10

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5. How comfortable are you with change?

1 2 3 4 5 6 7 8 9 10

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- Choose 1 thing from your list that you are going to do for the next week

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6. How positive are you professionally?

1 2 3 4 5 6 7 8 9 10

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• Choose 1 thing from your list that you are going to do for the next week

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7. How well do you cope when people say 'no' in a professional setting?

1 2 3 4 5 6 7 8 9 10

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• Choose 1 thing from your list that you are going to do for the next week

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8. How good are you at taking action professionally?

1 2 3 4 5 6 7 8 9 10

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• Choose 1 thing from your list that you are going to do for the next week

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9. On a scale of 1-10 how much do you like yourself?

1 2 3 4 5 6 7 8 9 10

• Write down why you didn't give yourself the number below?

• Write down why you didn't give yourself the number above?

• What do you need to do to get to the next number - brain storm ideas?

• Choose 1 thing from your list that you are going to do for the next week

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10. On a scale of 1-10 how much do you respect yourself?

1 2 3 4 5 6 7 8 9 10

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• Write down why you didn't give yourself the number above?

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• Choose 1 thing from your list that you are going to do for the next week

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