

Mindset Upgrade

Webinar

Kerry Rowett

Growth Mindset by Carol Dweck

Growth mindset - you believe your talents, intelligence and personality can be developed through dedication and hard work. When operating in a growth mindset, you show a love for learning, take on challenges and are resilient.

Fixed mindset - you believe you have a certain amount of talent, intelligence and a certain type of personality. This can lead to a need or desire to protect or prove yourself, and can mean that learning or growth are not valued.

Notes:

Let’s upgrade your mindset

What do you want to believe/feel when you face:

Challenges -

Obstacles -

A need for effort -

Feedback or criticism -

Seeing others succeed -

Something you would love to try or do with your upgraded growth mindset:

GRIT by Angela Duckworth

GRIT is about applying your passion and perseverance to long-term goals.

Notes:

My reminders for how I want to use *my* GRIT moving forwards:

Big picture goals which are worth applying *my* GRIT to:

Can you summarise what you desire in one big picture goal?

Angela’s advice: Practice optimistic self-talk. What are some of the things you’d love to tell yourself, or remind yourself when you hit up against challenges as you move toward your big picture goal?

Align to your goal - Alignment Process by Kerry Rowett

Define your goal (we’ll use your big picture goal):

What is the number one misalignment/block coming up in relation to your goal? Chakra + block

Where can you feel it in your body + what can you feel?

What negative/limiting thoughts, fears, doubts, concerns come up for you as you think about your goal and/or the block that came up? List a few - we’ll use EFT to de-stress some of these

Rather than feeling/experiencing the block/misalignment in relation to your goal, what would you love to feel?

Imagine: where would you feel that in your body? What would you feel?

What reminders or messages do you have for yourself as you move forward?

Want to go further? Align + Attract is enrolling now

The alignment process we’ve used here is the core process we use in my Align + Attract group program.

Across 5 modules, you align to:

* Your big picture goals
* Your ideal clients
* Your fees/pricing
* Your income goals
* Your ideal numbers

Ultimately, the alignment process becomes a tool you can use anytime to continue to build your growth mindset and grit as you create YOUR version of an aligned business.

New live round starts May 31st! <http://alignandattract.com/course>

Not quite what you need? 1:1 sessions are always completely personalised, learn more here: <http://alignandattract.com/private-sessions>

Thanks so much for joining me!

Love + alignment,

Kerry Rowett

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