

# Your Mindset Assessment

Today's Date: \_\_\_\_\_

1. Do you believe you have a fixed mindset or a growth mindset when it comes to challenges and personal development?
  
2. Which mindset (fixed or growth) do you aspire to have and why?
  
3. Do you think you would see any differences in your parenting if you adopted a growth mindset or if you developed your existing growth mindset even more? Explain your reasoning.
  
4. For each of the following mindsets, note whether you are happy with how the mindset reflects itself in your attitudes, actions and behaviors and why.
  - Growth  
\_ Happy \_ Not so Happy  
Why or why not?
  
  - Positivity  
\_ Happy \_ Not so Happy  
Why or why not?
  
  - Patience and Understanding  
\_ Happy \_ Not so Happy  
Why or why not?
  
  - Unconditional Love  
\_ Happy \_ Not so Happy  
Why or why not?
  
  - Mindful Presence  
\_ Happy \_ Not so Happy  
Why or why not?

- Role Modeling  
\_ Happy \_ Not so Happy  
Why or why not?
- Self-Care  
\_ Happy \_ Not so Happy  
Why or why not?

5. For each of the following mindsets, give an example of an attitude, action or behavior you exhibit as a result of your current mindset

- Growth
- Positivity
- Patience and Understanding
- Unconditional Love
- Mindful Presence
- Role Modeling
- Self-Care

6. Do you like the attitude, action or behavior you gave as an example in Item 5 or would you like to change it? Why do you/don't you like it and why would you/don't you want to change it?

- Growth  
\_ I like it! \_ I don't like it so much

I do or don't like it because:

I do or don't want to change it because:

- Positivity  
\_ I like it! \_ I don't like it so much

I do or don't like it because:

I do or don't want to change it because:

- Patience and Understanding  
\_ I like it! \_ I don't like it so much

I do or don't like it because:

I do or don't want to change it because:

- Unconditional Love  
\_ I like it! \_ I don't like it so much

I do or don't like it because:

I do or don't want to change it because:

- Mindful Presence  
\_ I like it! \_ I don't like it so much

I do or don't like it because:

I do or don't want to change it because:

- Role Modeling  
\_ I like it! \_ I don't like it so much

I do or don't like it because:

I do or don't want to change it because:

- Self-Care  
\_ I like it! \_ I don't like it so much

I do or don't like it because:

I do or don't want to change it because:

7. For each of the following mindsets, are you content with your view of this mindset or do you want to change it? Why are you content or why aren't you content?

- Growth  
\_ I like how I view it \_ I don't really like how I view it  
Why or why not?
  
- Positivity  
\_ I like how I view it \_ I don't really like how I view it  
Why or why not?
  
- Patience and Understanding  
\_ I like how I view it \_ I don't really like how I view it  
Why or why not?
  
- Unconditional Love  
\_ I like how I view it \_ I don't really like how I view it  
Why or why not?
  
- Mindful Presence  
\_ I like how I view it \_ I don't really like how I view it  
Why or why not?
  
- Role Modeling  
\_ I like how I view it \_ I don't really like how I view it  
Why or why not?
  
- Self-Care  
\_ I like how I view it \_ I don't really like how I view it  
Why or why not?

8. For each of the following mindsets, how do you believe your current mindset influences the way you encourage and support your children in their growth and development? Is this a good influence or one you would like to change and why?

- Growth

My current mindset influences me in this way:

This is good  This is not so good

- Positivity

My current mindset influences me in this way:

This is good  This is not so good

- Patience and Understanding

My current mindset influences me in this way:

This is good  This is not so good

- Unconditional Love

My current mindset influences me in this way:

This is good  This is not so good

- Mindful Presence

My current mindset influences me in this way:

This is good  This is not so good

- Role Modeling

My current mindset influences me in this way:

This is good  This is not so good

- Self-Care

My current mindset influences me in this way:

\_ This is good    \_ This is not so good

9. Having read this far in Be an Unstoppable Mom, is there anything you have noted that you want to incorporate into your role as an unstoppable mom? Is there any specific mindset you want to work on? If there is, what will you do to work on that specific mindset?

I want to add this to my role as an unstoppable mom:

I want to work on the \_\_\_\_\_ mindset

Based on what I've read so far, this is what I am going to do to work on this mindset: