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Please enjoy this complimentary excerpt from *Challenging Mindset* by James Nottingham and Bosse Larson. Use this tool from Chapter 1 to learn more about the impact your mindset can have and the next steps toward change.

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• Figure 4: Mindset Self-Reflection

Words, thoughts or deeds	Trigger	Impact	Amplify, mute or change	Next steps
What do you do that reveals fixed or growth mindset attitudes?	What prompts these actions to surface?	What impact do these actions have on others?	Are the actions (and the impact of those actions) best amplified, muted or changed?	What could you or someone else do next to help amplify, mute or change future actions?
e.g. I find it difficult to delegate important tasks to others.	e.g. I believe that if a job is worth doing, it's worth doing well so when someone doesn't do it right, I take over and do it for them.	e.g. I lose patience and too often give others the impression that I don't think they're capable enough.	e.g. I need to mute these tendencies in the first instance and then work out a way to change things in the future.	e.g. I'm going to agree clearer success criteria with my students so that they can more accurately assess their own performance so that I don't need to be the judge all the time. And I'm going to take a chill pill!