

Thank you FOR YOUR **INTEREST IN CORWIN**

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! |
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