

Mindset Worksheet

Mindset has a huge impact on our experience and our success. This worksheet is designed to help you explore your current mindset, and find areas where you might shift your mindset to improve your outcomes and experience.

Fixed Mindset Traits		Growth Mindset Traits
Set, you have what you have	Skills and Intelligence	Can be grown and developed
How they look, performance focused	Main Concern	Learning, focused on the process
Means you are not good at x	Effort	Important part of learning
Give up, checkout, avoid	Challenges	Persevere, work through it
Take it personal, get defensive	Feedback	Like it, use it to learn
Hate them, try to avoid them	Mistakes	Treat them as a learning opportunity

Your Current Mindset

How would you describe your mindset when it comes to the Diet vs Disease Program?

On a scale of 1 to 10 how helpful is your current mindset? (circle a number)

Not great 1 2 3 4 5 6 7 8 9 10 Amazing

Exploring Your Growth Mindset

List areas/topics in your life that you tend to have a growth mindset.

Example: *"I can always learn more about gardening, I love it!"*

Exploring Your Fixed Mindset

List areas/topics in your life that you tend to have a fixed mindset.

Example: *"Processed foods cannot be part of a healthy diet"*

How does your fixed mindset impact your experience?

Example: *"When I say I shouldn't eat processed foods, it makes me think about them and crave them more!"*

Shift Your Mindset

What are some ways that you can start to shift from a fixed mindset to a growth mindset?

Example: *"I don't trust my body enough to include certain foods at the moment"*

Reflect on your success:

As you've adopted a more growth mindset approach, what is different?

Once you have completed this worksheet, please email it to hello@dietvsdisease.org so it can be uploaded to your file. You are welcome to repeat the worksheet as many times as you want over the program to collate to your progress with this task.