



1 Jogk



### CHANGE

Luczions

Q. How do I feel about change in general?

Q. What are my thoughts about the process of change and how it takes 66 days for a new behaviour to become automatic?

Q. What could happen if I make changes when it comes to my current state of well-being?

Q. What could happen if I don't make changes when it comes to my current state of well-being?

Q What stage can I identify with when it comes to my current readiness for change?

Preconception

Contemplation

Preparation

Action

Maintenance

Q. Am I surprised by my findings? How so?



Habit Awareness Template

CUE/TRIGGERS	ROUTINE/BEHAVIOUR	REWARD	

Creating Change LESSON

# MINDSET

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Q. Do I identify with a growth mindset?

- Recognises strengths
- Has realistic expectations
- Understands that setbacks happen
- Finds the positive in situations
- Asks for feedback
- Embraces new challenges
- Inspired by people's success

Q. Do I identify with a fixed mindset?

- Focuses on faults
- Has unrealistic expectations
- Dwells on self-defeating thoughts
- Use unconditional terms such as "never" or "nothing."
- Avoids feedback
- Gives up easily
- Threatened by other people's success

"IF YOU DON'T LIKE SOMETHING, CHANGE IT. IF YOU CAN'T CHANGE IT, CHANGE YOUR ATTITUDE".

Maya Argelou



Windse FIXED GROWTH I don't like to be I want to challenge challenged myself. When I'm frustrated, When I'm frustrated, I give up I persevere If you succeed. If you succeed, I feel threatened I'm inspired

### **GOAL SETTING**

Luctions

Q. What are some of my values?

- Q. What are my intrinsic goals?
- Q What are my extrinsic goals?
- Q. Do I have a balance between intrinsic and extrinsic goals?

Q. Before setting a performance goal, do I need to do some learning first?





Goals empla

My Goal:

#### S IS FOR SPECIFIC

#### M IS FOR MEASURABLE

### A IS FOR ACHIEVABLE

**R IS FOR RELEVANT** 

T IS FOR TIMELY



# PLANNING

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Q. Am I:

- Constantly rushing
- Frequently late
- Frustrated
- Impatient

#### Q. Do I:

- Experience low productivity, energy, and motivation
- Procrastination
- Lack focus
- Have difficulty setting and achieving goals

Q. Am I surprised by my result? How so?

- Q. How do I feel about delegating tasks or asking for help?
- Q. If I were to open my top drawer, would I find self-care activities there?
- Q. Do I see myself as assertive?
- Q. If not, what is holding me back?

ASKING FOR HELP IS A STRENGTH, NOT A WEAKNESS. IT MEANS THAT YOU ARE AWARE OF YOUR ABILITIES AND LIMITATIONS."

Sychology Today



**Top drawer.** These are the most essential and most desired items.

Middle drawer. You could put these activities off for a while, but they are still important.

Bottom drawer. You can easily put these tasks off immediately with no harm done.









## NOTES
