



LifeReset

Module 4 Growth mindset & Self-esteem

Workbook



Workbook module 4

Lesson 22a: Reflection:

1. Did the story about the teacher in some way be relevant for you? How?
2. Did you know that Albert Einstein couldn't talk until he was 4 and that his teachers believed his mental abilities was low? Or that Lionel Messi was removed from his football team when he was 11, because he was small for his age? What do you believe led to both Einstein and Messi's successes in life despite the challenges they faced early in life?
3. When do you feel motivated? Do you like learning new things? If yes, what?
4. Do you have any dreams you would like to accomplish? Please describe.
5. What do you experience are really important for you to accomplish in your life? Please describe.



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Lesson 22b: Reflection:

Before the video introducing the 6 fundamental needs

1. Which 2 out of the 6 fundamental needs do you believe are the most important for you?
2. Why do you believe these are the most important ones?

After the video introducing the 6 fundamental needs

1. To what extent are each of these needs met in your life today? You might use the scale from 1-10.
 1. Certainty/safety
 2. Variety
 3. Significance
 4. Love & Connection
 5. Growth
 6. Contribution



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Lesson 22c: Reflection:

After the videos explaining the 6 fundamental needs in depth

1. Reflect upon what might be important reasons for to what extent each of the 6 needs are met or not.

1. Certainty/safety

2. Variety

3. Significance

4. Love & Connection

5. Growth

6. Contribution

<p>1</p>  <p>CERTAINTY</p> <p>To feel safe, secure, and comfort. To feel certain we could avoid pain and attain pleasure.</p>	<p>2</p>  <p>VARIETY</p> <p>To experience an element of challenge or surprise that will exercise our physical and emotional range.</p>
<p>3</p>  <p>SIGNIFICANCE</p> <p>To feel needed, wanted, and worthy. That we are special and achieve or succeed in something important.</p>	<p>4</p>  <p>LOVE/CONNECTION</p> <p>Everyone needs connection with other humans, but really want to be loved. In infancy, if we are not loved and cared for - we die.</p>
<p>5</p>  <p>GROWTH</p> <p>To constantly develop intellectually, emotionally, & spiritually. If we are not growing - we are dying.</p>	<p>6</p>  <p>CONTRIBUTION</p> <p>To go beyond our own needs and contribute to others. Develop a sense of service in helping, giving to, & supporting others.</p>

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Lesson 22d: Reflection:

1. Specify how you would like each of the 6 fundamental needs to be met in the future. Then decide on the 1 most important step you want to commit to start working on.

1. Certainty/safety

2. Variety

3. Significance

4. Love & Connection

5. Growth

6. Contribution

<p>1</p>  <p>CERTAINTY</p> <p>To feel safe, secure, and comfort. To feel certain we could avoid pain and attain pleasure.</p>	<p>2</p>  <p>VARIETY</p> <p>To experience an element of challenge or surprise that will exercise our physical and emotional range.</p>
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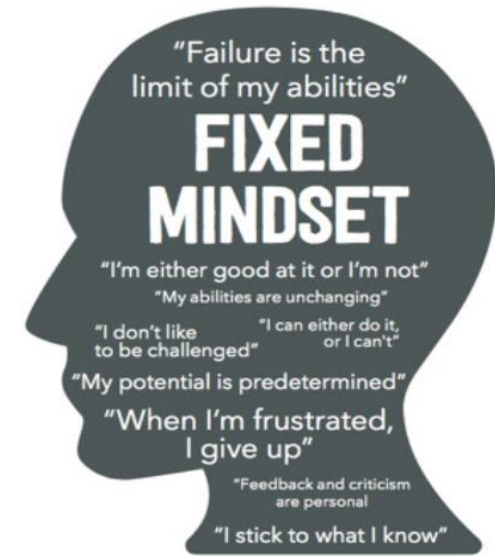
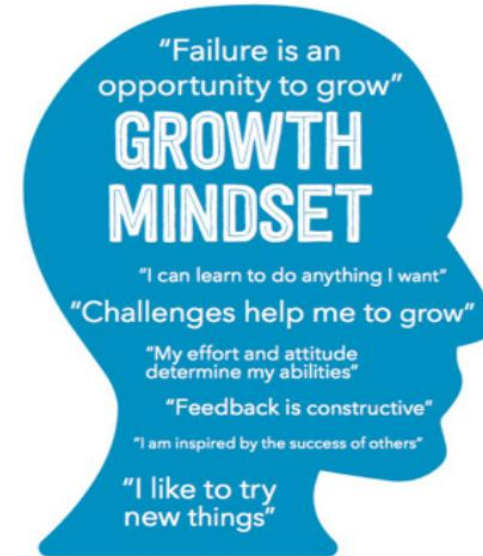
Lesson 23: Reflection:

1. What are your reflections after reading the text in this lesson and listening to the video?
2. What might be examples of ways you think about yourself and your identity? Please write down some examples of “I am...” sentences in various situations and areas. Reflect upon how many are supporting you vs. giving you problems.
3. Reflect upon to what degree your thought patterns, both in regard to yourself, others and situations are more on the positive side vs. the negative side.

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Lesson 24: Reflection:

1. What are your reflections while watching the mindset video?
2. In which areas and situations do you think you have a fixed mindset and when do you have more of a growth mindset?
 - When facing challenges?
 - When someone criticize you?
 - When you fail?
 - When you don't understand?
 - When you face changes and uncertainties?
3. What do you think it would mean for you to have a large degree of growth mindset in all life areas and in all situations?
4. Please have a look at the examples of fixed, mixed and growth mindset on the next slide, to help you understand your own mindset and where to develop.

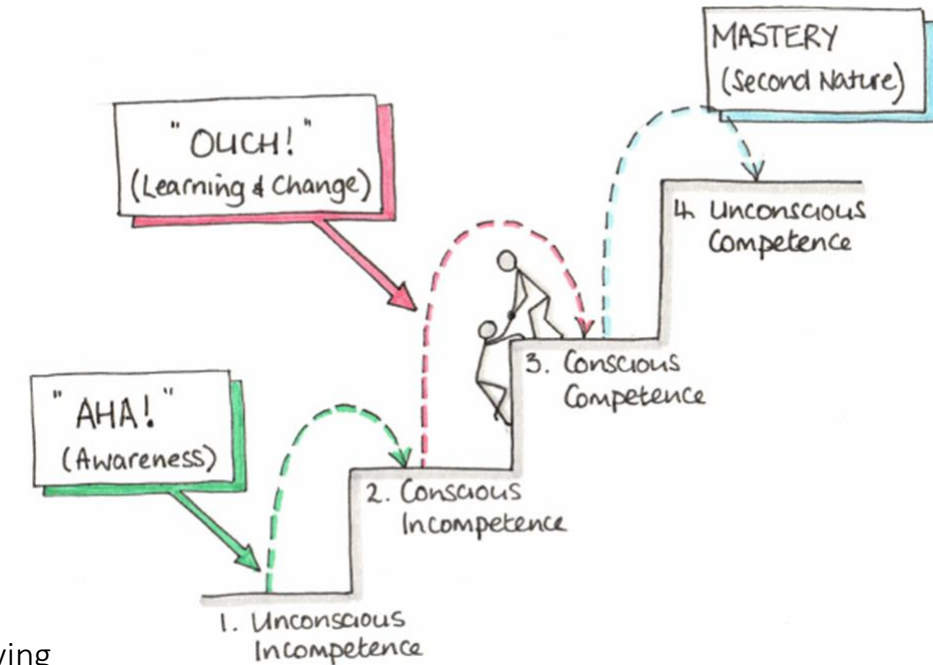


Situation/arena	Fixed Mindset	Mixed Mindset	Growth Mindset
Take on challenges	Don't take challenges on your own. Would prefer to avoid challenges.	Can take on some challenges when having experience from having succeeded in related areas in the past.	Looking forward to the next challenge and has long-term plans for new challenges.
Learn form mistakes	Viewing making mistakes as a failure, as proof that the task was beyond my potential. Sometimes tempted to hide or lie about mistakes.	May view making mistakes as unpleasant, but not necessarily as evidence of a lack of ability. Lack of strategies to learn from them to succeed later.	Sees mistakes as setbacks, but as something that can be overcome. Reflecting on the learning I can take with me and which can be useful later.
Acceptance of feedback and criticism	Feels threatened by feedback and would like to avoid it. Criticism and negative feedback are considered reasons to give up. Often defends, explains away or blames others.	Can be motivated by feedback if it is not very critical or threatening. Who gives the feedback, how difficult the task was or personal feelings can affect how the feedback is experienced and the motivation to take it to heart.	Encourages and is motivated by criticism and feedback. Sees feedback as an important element in the learning process. Acquire new strategies as a result of feedback
Practice and implement new strategies	Do not like trying new strategies and may be able to do a lot to avoid practicing. Lacks strategies to achieve learning goals or tasks or uses strategies that are not as effective.	Practicing and practicing, but greater adversity or setbacks can derail and cause me to give up, More willing to practice familiar things. Is open to strategies, but rarely finds new strategies on my own.	Likes the learning process and sees practicing as important to becoming good at something. Feels free to create own learning plans, use several strategies, evaluates own and asks others about their strategies.
Endurance (focus on the task)	Has little or no persistence for learning goals and tasks. Usually gives up at the first sign of adversity.	Can manage to persevere with support and guidance. Unless I am given strategies or help to overcome obstacles, I will usually quit or give up.	Are resilient, perseveres and completes the task. Continues to work until the task is solved or the goal is reached.
Ask questions	Rarely ask questions to learn, investigate or understand something I don't understand. I find it difficult to know which questions can be asked and can find it embarrassing to admit that I do not understand. Afraid to ask "stupid" questions.	Feels free to ask questions about the part of the assignment that I know about. If I feel the task is beyond my abilities or area of knowledge, I may not ask questions. I have to feel very safe if I dare to ask "stupid" questions.	Ask questions, questions own way of thinking, challenges the task, content and others, e.g. teacher/leader. Dare to ask when I don't understand, even with less familiar/safe people. I am curious and often feel the desire to learn and understand.
Take risk	Don't take risks and prefer to stick to the safe and familiar. Avoid getting involved when something is unknown or outside field of interest. Choosing not to try when feeling unsure about accomplishing it.	Can take risks if the task is known to a certain extent and/or I think I can handle it. If not, I might not try, do what most people do, or make a half-hearted effort.	Takes on tasks with confidence and self-confidence. Not afraid of the risk of making mistakes or not getting it done. Openly sharing the work I do, so others can enjoy and I can get input and improve.
Deal with competition	Feels uncomfortable or resentful when others succeed. Feels less valuable and can feel envy when others have or achieves something I don't have or that is difficult for me.	I think that competition can be both positive and negative, depending on the situation. Can feel some discomfort or envy when others succeed or have something I don't have. Still, I don't let this destroy or affect me in any way. I continue as before.	Find inspiration and energy when seeing others succeed. I don't feel less valuable or threatened, but rather get motivation and inspiration to achieve my own goals and work harder.

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Lesson 25: Reflection:

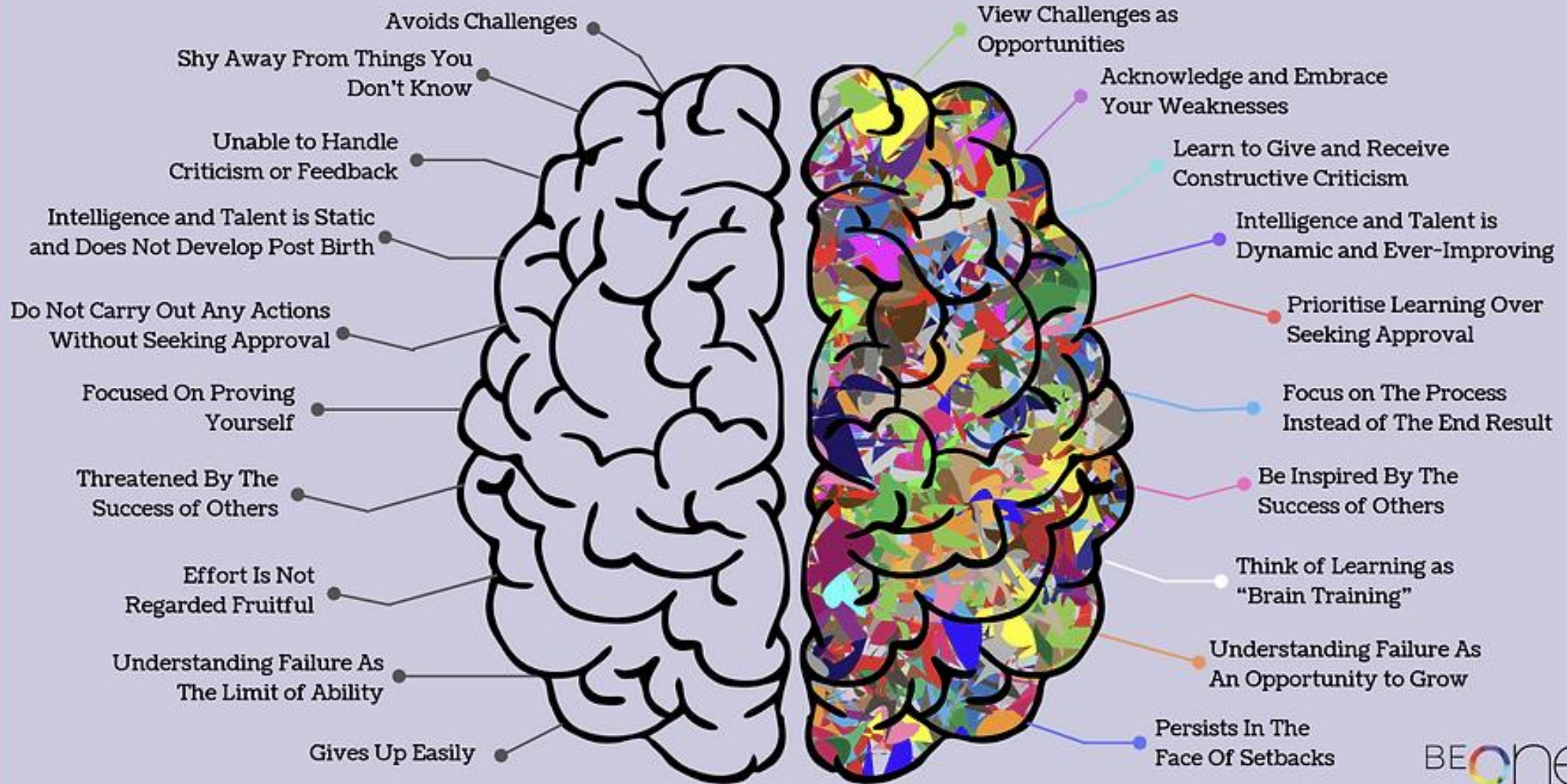
1. How has your mindset supported or hindered you in your life in various life arenas?
2. How do you imagine your life would be if you experienced growth mindset in all kinds of situations?
3. What are your reflections after doing the mindset visualization?
4. Climb the mindset learning ladder:
Start implementing a routine of daily reflection on the mindset responses you have experienced lately/during the day, i.e., as part of your evening routine. Practicing identifying and implementing growth mindset responses when fixed mindset occurs. Do this over time and you will see you gradually program yourself to more and more often have growth mindset responses, or at least quite fast manages to stop yourself when having a fixed mindset and quickly replace it with a growth mindset response.



The image on the next slide might be helpful in your mindset journey.

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FIXED MINDSET VS GROWTH MINDSET



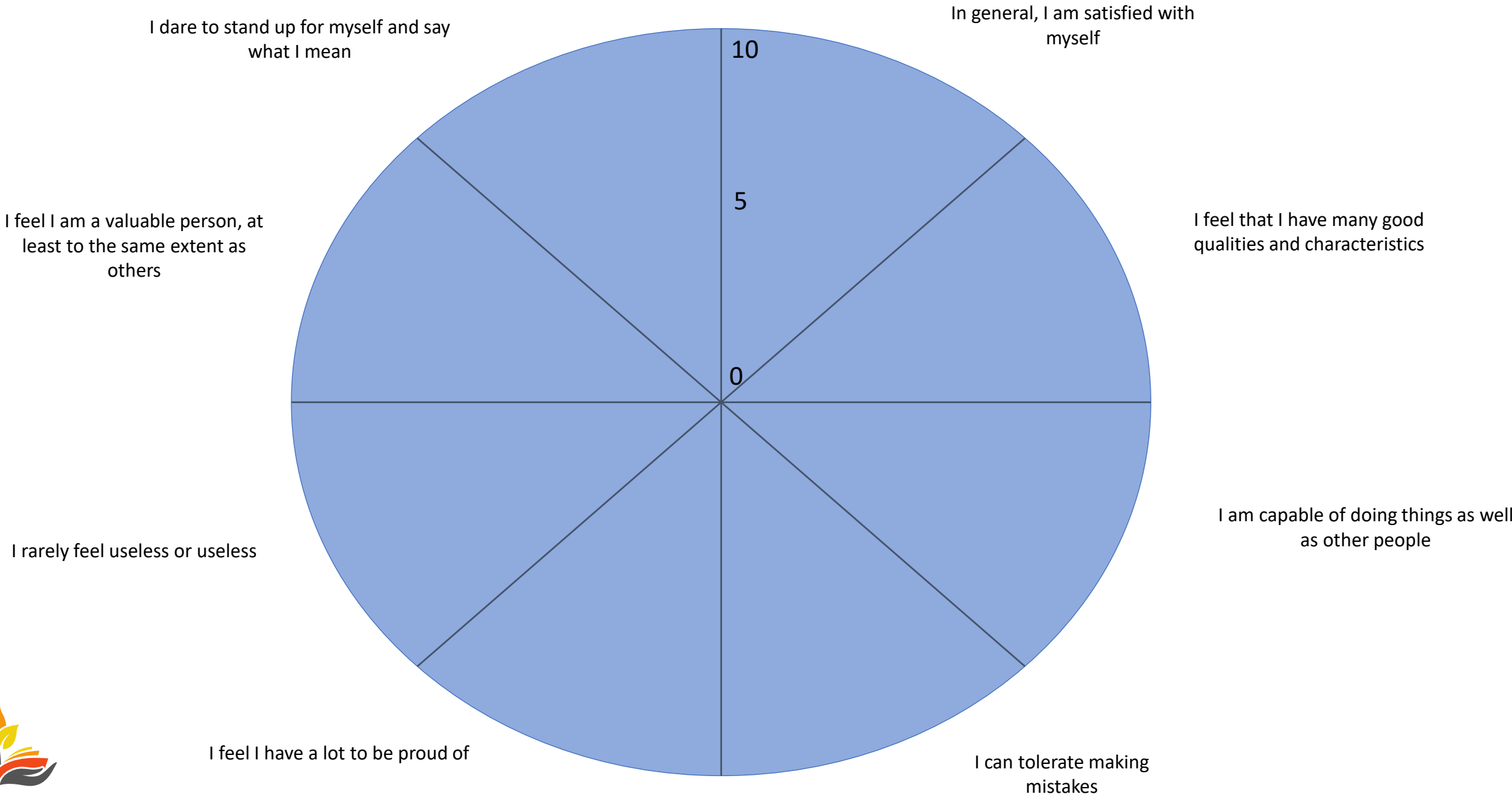
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Lesson 26a: Reflection:

1. How will you describe your self-esteem and your self confidence?
2. What empowering thoughts do you have about yourself, which help you achieve (some of) what you want for yourself and your life?
3. What limiting thoughts do you have about who you are, which stand in the way of who you want to be and what you want to achieve?
4. In which areas/situations do you have good self-esteem and when is it not so good?
5. What do you think are some of the most important events or factors that have impacted your self-esteem, positively and negatively?
6. What thoughts do you wish you had more of, that would have helped you in your everyday life?

Lesson 26b: Self-esteem



Exercise:

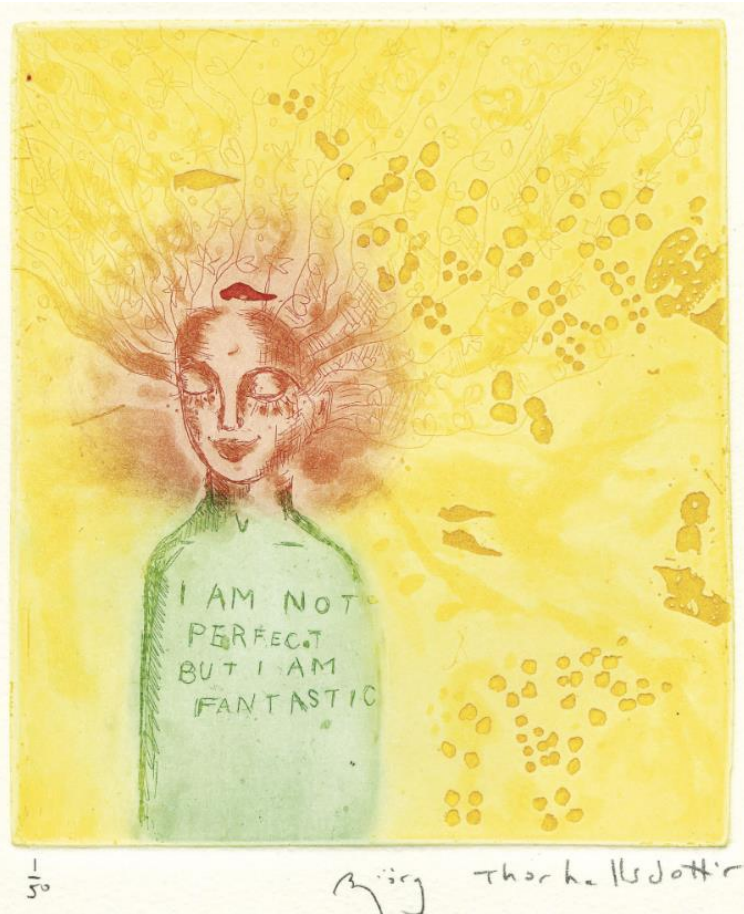
What qualities do you value in others?

1. Think of 3-5 people you value a lot.
2. Write down the qualities and characteristics they have that you value most. Those aspects of these people that make you really happy that you have a relationship with them.
 - Make a list of 10 things in total.



Affirmations

Look at the list you have written. All the qualities you have written down are qualities you also possess. Otherwise you wouldn't have noticed them in others. You can now write all 10 again, but now you add "I am...»



I am / I want to be....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Look at the list and practice every day. Say them more and more confidently, as if you mean it. P.S! If you find it difficult to say, "I am", start by saying "I want to be..."

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Lesson 28a: Challenge:

Before the first visualization, reflect upon these questions

1. Based on either your life mission, your future goals in one or more arenas in life, or your wishes for development in personal qualities, think about which thoughts, feelings or behavior, including habits, would be good for you (and others) if you changed? List minimum 3.
2. Choose one of them that you want to focus on.
 - E.g., stress, insecurity, envy, worries, anger, shame, unhealthy lifestyle, procrastinating, talking myself down etc.
3. Describe what it would mean to you if you were able to change this. What benefits would it have for you and others and your ability to achieve what you want in your life?

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Lesson 28a: Challenge:

Before the first visualization, reflect upon these questions

3. Become aware of what helps to trigger thoughts, feelings and behavior related to what you want to change. How you think when this feeling or behavior occurs? What thought patterns do you typically have? What do you say to yourself and possibly others?

4. Become aware of how your behavior is impacted when these thoughts and feelings arise. What do you usually say or do? Feel free to imagine what others would say about your behavior. Try to be as honest as you can, even if it's uncomfortable
 - I.e., . shows that I am angry, complains, starts arguments with my partner, yells at the children, gets angry, talks negatively about someone behind their back, drinks too much, procrastinates, shops unnecessarily, treats others disrespectfully, brags unsympathetically, stays on the couch.

5. Decide that you don't want to continue with your old self. Think about and note how it will be for you and those around you if you change this side of yourself.

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Lesson 28b: Challenge:

After the first visualization, reflect upon these questions

1. What reflections do you make after doing the visualization exercise?
2. Feel free to look at the questions you answered before you did the visualization and reflect on whether anything was different in the visualization exercise than what you answered there.
3. It is completely normal that strong emotions, memories and insights occurs when doing such visualization. That It is because they help us get more into the unconscious and the emotional parts in ourselves. What are the emotions, memories and/or insights that occurred for you?
4. Decide that you want to work continuously on the change(s) you want in yourself. Focus on one at a time, then let this develop and change over time. Continue to work on the change until it is implemented as a new response pattern in you. Use the short morning and evening visualizations provided in this lessen regularly/daily to implement desired response as quick as efficient as possible..