

# Flip the Script for a **GROWTH MINDSET**

Cognitive re-framing is a powerful technique used to create a different way of looking at a situation by changing its meaning. Our own voice in our heads is the one we hear the most, so it's critical that what it's saying is constructive. In other words, change your thoughts to transform your feelings, which will elevate your life.

## Reframing a Negative Mindset

| FROM:                                      |   | TO:                                 |
|--|---|-------------------------------------|
| I can't.                                   | → | How do I learn?                     |
| I don't know.                              | → | I'll find out.                      |
| It's too hard.                             | → | It's a challenge.                   |
| I'm worried that I'll fail.                | → | I'm curious about what will happen. |
| I'm not good at it.                        | → | I can get better.                   |
| I'm not ready (I need to know more first). | → | There's no better time than now.    |
| I'm too old.                               | → | It's never too late.                |



## TRY IT FOR YOURSELF:

### 1. Recognize and isolate a "fixed mindset" thought.

Stop and pause for a moment. Is your default thought completely accurate? Is there a chance you could re-frame it from an external point-of-view?

### 2. Write down your thought.

After writing, you may feel a sense of relief that your mind has been emptied.

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### 3. Identify the distress level of the thought from 1-10

(0 = cool as a cucumber, 10 = I'm losin' it!)

### 4. Challenge and re-frame the thought.

Refute irrational or outright negative thoughts. Modify language and internal dialogue. Add the word "yet" if needed, i.e. "I'm not understanding this new project... yet." Write down the new thought.

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### 5. Re-evaluate your distress level.

If your stress level hasn't decreased, consider repeating the exercise again.