



# Choose your Mindset & Own your Results

Work through the questions below, then practice the Thought Model on your own!

1. After watching this video, what's one thing that's top of mind for you?

2. In what way(s) will choosing your mindset help you in your life? How about in your leadership?

3. What stands in the way of you intentionally choosing your thoughts/mindset (i.e. what is challenging about it for YOU)?



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4. How would you explain the connection between mindset & results to a someone who has not watched this video?

5. What are you excited about when it comes to choosing your mindset?  
What opportunities exist?















# Practice the Thought Model

Experience first-hand how your thoughts about a circumstance can drive different feelings, actions, & results!

## Practice Scenario #1

	<b>CIRCUMSTANCE</b>	<input type="text" value="Giving difficult feedback to a coworker."/>
	<b>THOUGHTS</b>	<input type="text"/>
	<b>FEELINGS</b>	<input type="text"/>
	<b>ACTIONS</b>	<input type="text"/>
	<b>RESULTS</b>	<input type="text"/>

Now choose a DIFFERENT thought about this circumstance:





	<b>CIRCUMSTANCE</b>	<input type="text" value="Giving difficult feedback to a coworker."/>
	<b>THOUGHTS</b>	<input type="text"/>
	<b>FEELINGS</b>	<input type="text"/>
	<b>ACTIONS</b>	<input type="text"/>
	<b>RESULTS</b>	<input type="text"/>



# Practice the Thought Model

Experience first-hand how your thoughts about a circumstance can drive different feelings, actions, & results!

## Practice Scenario #2

	<b>CIRCUMSTANCE</b>	One of your direct reports put in their 2-week notice.
	<b>THOUGHTS</b>	
	<b>FEELINGS</b>	
	<b>ACTIONS</b>	
	<b>RESULTS</b>	

Now choose a DIFFERENT thought about this circumstance:






	<b>CIRCUMSTANCE</b>	One of your direct reports put in their 2-week notice.
	<b>THOUGHTS</b>	
	<b>FEELINGS</b>	
	<b>ACTIONS</b>	
	<b>RESULTS</b>	







# Create your Own Thought Model

Complete your own Thought Models  
(either personal or professional).

## Create your Own Scenario #1

	<b>CIRCUMSTANCE</b>	<input type="text"/>
	<b>THOUGHTS</b>	<input type="text"/>
	<b>FEELINGS</b>	<input type="text"/>
	<b>ACTIONS</b>	<input type="text"/>
	<b>RESULTS</b>	<input type="text"/>

Now choose a DIFFERENT thought about this circumstance:






	<b>CIRCUMSTANCE</b>	<input type="text"/>
	<b>THOUGHTS</b>	<input type="text"/>
	<b>FEELINGS</b>	<input type="text"/>
	<b>ACTIONS</b>	<input type="text"/>
	<b>RESULTS</b>	<input type="text"/>








# Create your Own Thought Model

Complete your own Thought Models  
(either personal or professional).

## Create your Own Scenario #2

	<b>CIRCUMSTANCE</b>	<input type="text"/>
	<b>THOUGHTS</b>	<input type="text"/>
	<b>FEELINGS</b>	<input type="text"/>
	<b>ACTIONS</b>	<input type="text"/>
	<b>RESULTS</b>	<input type="text"/>

Now choose a DIFFERENT thought about this circumstance:

	<b>CIRCUMSTANCE</b>	<input type="text"/>
	<b>THOUGHTS</b>	<input type="text"/>
	<b>FEELINGS</b>	<input type="text"/>
	<b>ACTIONS</b>	<input type="text"/>
	<b>RESULTS</b>	<input type="text"/>