



Mindset Coaching Canvas

Situation:

Fixed			Growth		
Thoughts	Emotions	Actions	Thoughts	Emotions	Actions



Situation: Taking on this interim leadership role

Fixed			Growth		
Thoughts	Emotions	Actions	Thoughts	Emotions	Actions
I have never done this before	Fear	Not try	This is a new way to stretch myself	Curious?	Just see if I can do it
I'm not that kind of leader.	Helpless	Think about a different career track	This is the type of leader I want to become!	Determination	Do the work outside of my comfort zone
They have so much of a head start on me	Hopelessness	Ask my manager to have my peers take this on	I could learn from others who have more experience	Embarrassed ...but hopeful	Work with my peers to learn from their experience



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Fixed			Growth		
Thoughts	Emotions	Actions	Thoughts	Emotions	Actions
Thought...	Emotion...	Actions...	Thought...	Emotion...	Actions...
Thought...	Emotion...	Actions...	Thought...	Emotion...	Actions...
Thought...	Emotion...	Actions...	Thought...	Emotion...	Actions...
Thought...	Emotion...	Actions...	Thought...	Emotion...	Actions...
Thought...	Emotion...	Actions...	Thought...	Emotion...	Actions...



Situation:

Current			Alternative		
Thoughts	Emotions	Actions	Thoughts	Emotions	Actions



Situation: Taking on this interim leadership role

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Thought...	Emotion...	Actions...	Thought...	Emotion...	Actions...
Thought...	Emotion...	Actions...	Thought...	Emotion...	Actions...
Thought...	Emotion...	Actions...	Thought...	Emotion...	Actions...

