

Does Your Mindset Hold You Back?

1. What activities would you like to do but don't because of a fear of not being good at it or failing at it?
2. What things would you like to do but often don't because you think others are always better than you at it?
3. Are there things you would like to do but don't because you feel you don't have the ability?
4. What do you avoid because you feel it would be too hard or challenging?
5. What self-talk is limiting you? What things do you say to yourself that hold you back?