

Check Your Mindset

When and With Whom Might You Use This Tool?

Use this tool before taking other actions in order to help things go right by keeping yourself out of the box.

How to Use It

Identify a situation or person you find to be challenging.

1. Describe how you have been acting in this situation or toward this person.
2. Identify the inward style(s) that these actions might indicate.
3. Consider adjustments you should make to be more helpful in this situation or toward this person.

Check Your Mindset

Situation or Person

Describe how I have been acting in a particular situation or toward a particular person.

Which Inward style(s) may have been driving my actions?

Better Than

Self View
Superior • Important
Virtuous

.....

I May Feel
Impatient • Indifferent
Disdainful

I Deserve

Self View
Meritorious • Mistreated
Unappreciated

.....

I May Feel
Entitled • Deprived
Resentful

Worse Than

Self View
Deficient • Broken
Powerless

.....

I May Feel
Depressed • Envious
Resigned

Need to be Seen As

Self View
Being Watched • At Risk
Being Judged

.....

I May Feel
Anxious • Stressed
Overwhelmed

Consider helpful adjustments:

What is it like to work with me when I am in this box?

If I weren't in this box, how would I act/lead differently in this situation?

What do I need to do to help things go right in this situation?