

Get Unstuck and Own Your Mindset

with Deb Erickson



Follow this worksheet to uncover where your mindset roadblocks are so you can start implementing tools like Deb Erickson's to help you move past them.

There are lots of things that can stop you from achieving your goal. Some are out of your control, others are areas you can work on like education and development, but what do you do when it's your own mindset holding you back? You have the goal, you have the dream, but still the doubts and worries and fear of failure and rejection debilitate you from putting in the work to achieve your goal. Your mindset won't change everything, but it will help you work more efficiently and effectively towards your goal.

In this worksheet you'll uncover your top mindset roadblocks that are hindering your progress.

What is your goal?

Top Tip: Keep it simple/to one point

How are you going to achieve this goal?

Top Tip: Again, think high-level not all the small details

What do you need to do daily, weekly, monthly to reach this goal?

Top Tip: *Now go into detail*

Daily

Weekly

Monthly

What is stopping you from achieving your goals?

Now circle or highlight the roadblocks that are connected to your mindset – fear of rejection/failure, procrastination, self-doubt, negative thoughts, etc. Sometimes the simple act of identifying your mindset roadblocks is the first step in the right direction

Now list the top five mindset blocks and identify when you start falling into these patterns.

Midset Roadblock

E.g. Procrastination

Trigger

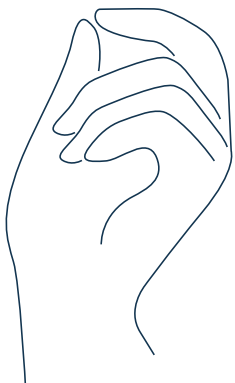
E.g. Whenever I'm going to reach out to someone who I think would be a good fit for my team.

Why?

E.g. Worried they're going to reject me.

You can repeat the above exercise until you've identified all your mindset roadblocks and when they're most likely to stop you from achieving your goals.

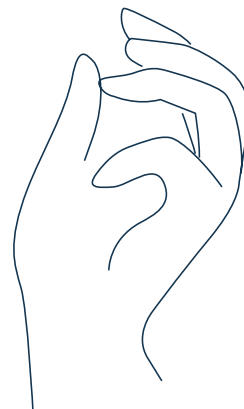
I CAN!



I WILL!



I AM!

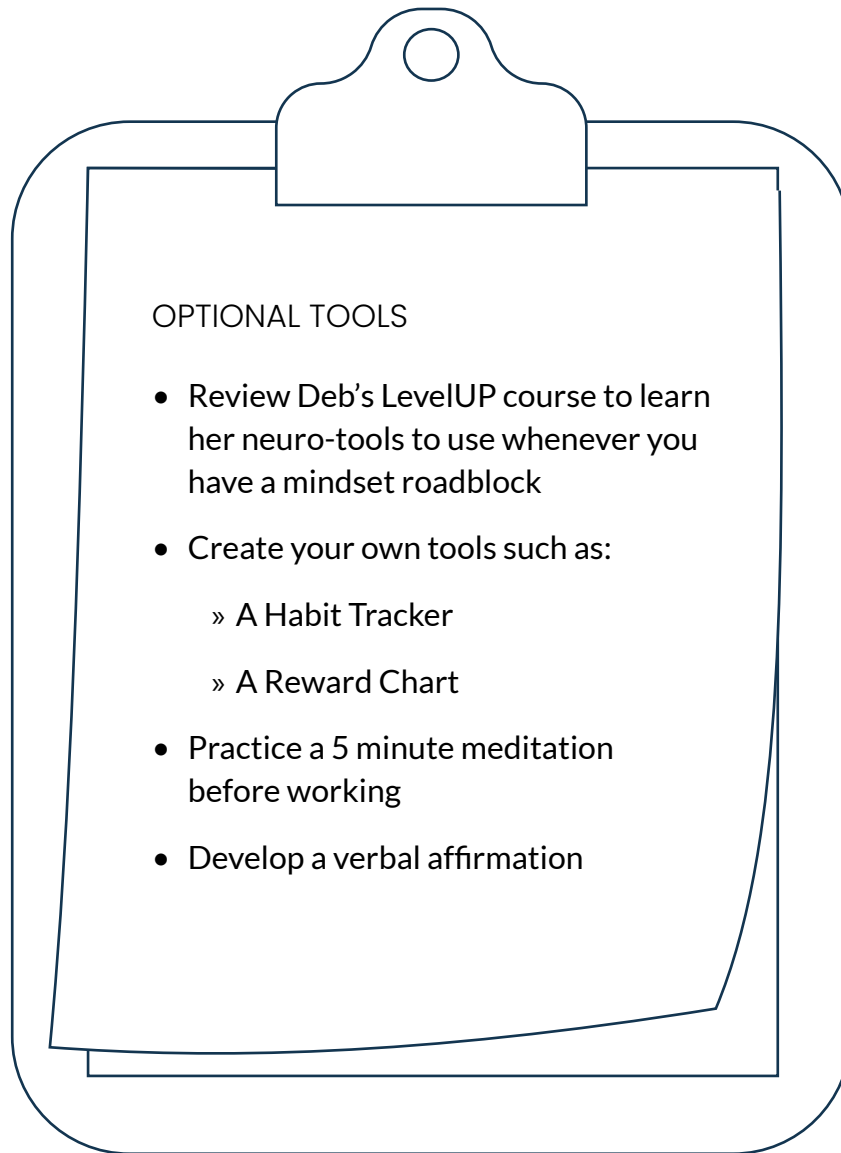


YES!



Tools to Shift your Mindset

The next step is developing a strategy so that when your mindset roadblocks start to hinder your progress you have a tool ready at hand to shift your mindset so you can continue achieving your goals. OPTIONAL



Note: There is no easy fix, or catchall solution. Find what works best for you and make it part of your routine!