

▶ Question your thinking

BELINDA[®]
MINDSET

Tick as applicable

Group discussion.....

1-2-1.....

Independent learning.....

Card type

Affirmation.....

Growth Mindset.....

Journal.....

Learn.....

Task.....

Retail.....

Write the card
content here

Card Number

Notes: Write your first thoughts, discussion notes
and what you have learnt here.

Goal: Set a personal goal

Plan: How you will achieve it?

Action: When will you start?



Top tip / New habit:

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Top tip / New habit:

▶ I feel...

Circle how you are feeling and add your own words or even repeat words anywhere on this page, re-writing the words can help you feel them more deeply.

Speak them out loud. E.g "I feel excited."

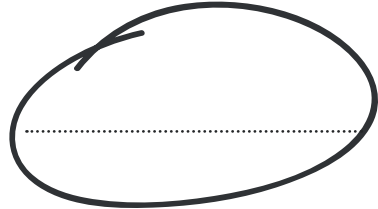
Motivated

Positive

Brave

Powerful

Changed



Excited

Inspired

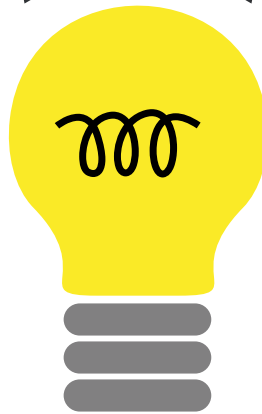
Supported

New

Grateful

Have you had a light bulb moment?

Creative



Confident

Energetic

Emotional

Professional

Ready

Enthusiastic

In Control

Organised

Committed

Comfortable

Knowledgeable

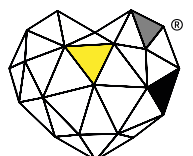
Talented

Proud

Unique

Like part of a team

Happy



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