

IDENTIFY YOUR MINDSET

Ever wonder what drives your thoughts and actions? Let's find out! Read through the following questions to uncover your dominant mindset(s). As you read through each question, circle the statements that resonate with you the most. In other words, if you read a question, and your answer is *YES*, then it may be one of your dominant mindsets.

1.	The Overachiever Mindset	<ul style="list-style-type: none"> • Are you constantly thinking about what's next, always looking to achieve more? • Do you often forget your achievements and progress because you're focused on the next goal?
2.	The Perfectionist Mindset	<ul style="list-style-type: none"> • Are you constantly striving to get things just right, often spending excessive time and energy on perfection? • Do you find yourself experiencing sleepless nights trying to achieve perfection in your endeavors?
3.	The Should Mindset	<ul style="list-style-type: none"> • Are you primarily focused on fulfilling expectations and obligations rather than following your authentic desires? • Do you often feel pressured to conform to what others expect of you, even if it doesn't align with your own values?
4.	The Not-Good-Enough-Yet Mindset	<ul style="list-style-type: none"> • Do you frequently feel like you're lacking something, believing you need to do more research or gain more experience? • Are you hesitant to take action because you feel you're not yet qualified or prepared enough?
5.	The Fear Mindset	<ul style="list-style-type: none"> • Do you tend to downplay your desires and goals to avoid taking risks and staying within your comfort zone? • Are you more likely to operate out of caution rather than confidence, holding back from pursuing your aspirations?
6.	The Play-Nice Mindset	<ul style="list-style-type: none"> • Do you often say yes to requests even when you don't want to, prioritizing being liked and easy to work with? • Are you inclined to avoid conflict by agreeing to tasks or situations, even if they don't align with your preferences?

Once you spot your mindset(s), ask yourself: Are they helping or holding me back? By understanding these mindsets, whether they're rooted in fear or perfectionism, you'll be better equipped to steer toward authenticity. It's time to recognize, reflect, and realign with what truly matters to you.