

Mindset Diet Self-Check

Just like you need to watch what you feed your body, it's also important to monitor what you feed your mind. Your mindset can positively or negatively impact your performance, mental health, relationships, and resilience. A healthy mindset can lead to success, enhanced well-being, and meaningful action to improve your life and the lives of others. But when your "mindset diet" is left unchecked, it can lead to an inaccurate view of the world, or in the worst cases, extremism or mental health issues.

How to use the Mindset Diet Self-Check

Any experience can provide information that affects your mindset. But just as you do with your food diet, you can make better choices about the information you choose to consume when you're more aware of how certain types of information (below) can shape your mindset.

- Any medium or app that profits off of your attention: Social media, 24-hour news, and websites that profit from views or clicks
- People: Conversations with friends and family, lectures, sermons, and podcasts
- Entertainment: Books, documentaries, movies, music, and TV shows

Sometimes your feelings can give you an initial window into how your mindset is being influenced.

Which emotions are you feeling after this experience?

- | | | | |
|--------------------------------------|------------------------------------|-----------------------------------|------------------------------------|
| <input type="checkbox"/> Sad | <input type="checkbox"/> Anxious | <input type="checkbox"/> Relieved | <input type="checkbox"/> Curious |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Disgusted | <input type="checkbox"/> Inspired | <input type="checkbox"/> Hopeful |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Envious | <input type="checkbox"/> Loved | <input type="checkbox"/> Proud |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Hopeless | <input type="checkbox"/> Joyful | <input type="checkbox"/> Amused |
| <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Fatigued | <input type="checkbox"/> Grateful | <input type="checkbox"/> Energized |

Try to finish the following statements to see how your mindset has been affected.

This experience influences me to believe...

The world is...

People are...

The future is...

I am...

My relationship is...

A specific group of people are...

Now evaluate if any of these statements are accurate or productive.

Is this mindset accurate?

What evidence is there for this and/or against it?

What proof would I need to see this is NOT true?

What evidence would someone who disagrees point out?

Is this mindset productive?

How does it align with my core values?

How does it support my performance goals?

How does it align with my wellness goals?

Was your time well spent?

How much time did you plan to spend?

How much time did you actually spend?

How could you have better used that time?

