

## Time to Practise – Exercises for Reflection and Growth

### Exercise 1: Mindful Growth - Notice & Name (Fill-in-the-Blanks / Reflection)

**Introduction:** In our journey to cultivate a growth mindset, self-awareness is key. This exercise uses mindfulness to help you observe your inner dialogue - especially when faced with challenges - and consciously shift towards growth-oriented thinking. The goal isn't to eliminate difficult thoughts or feelings, but to notice them without judgment, understand their origin, and then choose your response.

**Instructions:** Think of a recent challenge you faced, a situation where you felt stuck, frustrated, or doubted your abilities. As you reflect, use the prompts below to mindfully notice and name your internal experience. Take your time, there are no right or wrong answers.

#### Part 1: The Challenge & Initial Reaction

1. **Describe the specific challenge or situation:**

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2. **When you first encountered this challenge, what was the very first thought or feeling that arose?** (e.g., "I can't do this," "This is too hard," "I'm not good enough," frustration, anxiety, fear of failure)

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3. **Mindfully "Notice and Name" that initial thought/feeling.** (Example: "I notice a thought of self-doubt," "I notice a feeling of inadequacy," "I notice the physical sensation of tension in my shoulders.") I notice

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#### Part 2: Deeper Observation (Without Judgment)

1. **If you continued to dwell on this challenge, what other thoughts or feelings emerged? List a few.** (e.g., "What if I look foolish?", "Everyone else understands this," "I should just give up.")

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2. For each additional thought/feeling you listed, mindfully "Notice and Name" it.

○ I notice

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○ I notice

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○ I notice

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3. **Reflect: Were these thoughts/feelings more aligned with a Fixed Mindset or a Growth Mindset?** (*Circle one*) **Fixed Mindset** (e.g., focused on innate ability, fear of failure, judgment) **Growth Mindset** (e.g., focused on learning, effort, persistence, opportunity)

### Part 3: Shifting Towards Growth

1. **Now, consider the initial challenge again. Knowing what you know about a Growth Mindset, how could you reframe one of those initial "fixed mindset" thoughts or feelings?** (*Example: If you noticed "I can't do this," you might reframe it as "I can't do this yet, but I can learn."*) My fixed mindset thought/feeling was:

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2. My growth mindset reframe is:

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3. **What is one small action you could take *today* or *this week* that demonstrates a growth mindset in relation to this challenge?** (*e.g., Ask for help, research a new approach, dedicate 15 minutes to practice, celebrate a small effort.*)

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4. **Mindful Reflection:** How does it feel in your body and mind when you choose to embrace a growth-oriented thought or action?

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## **Exercise 2: Mindful Growth - Notice & Name (Multiple Choice / Scenario-Based)**

**Introduction:** This exercise helps you practice the "Notice and Name" technique within common scenarios. By mindfully observing your reactions and consciously choosing a growth-oriented response, you strengthen your ability to navigate challenges with resilience and a learning mindset.

**Instructions:** Read each scenario. Choose the option that best represents how you might mindfully "Notice and Name" your initial reaction, and then the option that demonstrates a growth mindset response. There might be multiple good answers, but pick the one that resonates most with you.

### **Scenario 1: Learning a New Software**

You're asked to learn a complex new software for a crucial project. After an hour of trying, you feel confused and frustrated, making little progress.

#### **A. Mindfully "Notice and Name" your initial reaction:**

1. "I notice a strong thought: 'I'm just not good with technology.'"
2. "I notice a feeling of excitement about learning something new."
3. "I notice the clock ticking and feel impatient."
4. "I notice a physical sensation of tension in my jaw."

#### **B. Which of these demonstrates a Growth Mindset response?**

1. Decide the software is too complicated and ask a colleague to do it for you.
2. Take a break, then seek out online tutorials or ask for a quick demo from a colleague.
3. Continue trying the same approach, hoping it will eventually click.
4. Tell yourself you should have understood it faster and feel discouraged.

### **Scenario 2: Receiving Critical Feedback**

Your supervisor gives you feedback on a recent presentation, suggesting several areas for improvement that you hadn't considered.

#### **A. Mindfully "Notice and Name" your initial reaction:**

1. "I notice a thought: 'My supervisor thinks I'm incompetent.'"
2. "I notice a feeling of defensiveness and wanting to justify my choices."
3. "I notice a thought: 'This is great, I love getting feedback!'"
4. "I notice my heart rate increasing slightly and a flush of warmth in my face."

**B. Which of these demonstrates a Growth Mindset response?**

1. Politely disagree with the feedback and move on.
2. Thank your supervisor, then privately dwell on how unfair the feedback was.
3. Ask clarifying questions about the feedback and discuss specific ways to apply it next time.
4. Avoid giving presentations in the future to prevent similar feedback.

**Scenario 3: Facing a Project Setback**

A key part of your team's project fails unexpectedly, requiring a significant rework and delaying your timeline.

**A. Mindfully "Notice and Name" your initial reaction:**

1. "I notice a strong feeling of disappointment and frustration."
2. "I notice a thought: 'This is entirely my fault; I should have seen this coming.'"
3. "I notice a desire to assign blame to someone else."
4. "All of the above."

**B. Which of these demonstrates a Growth Mindset response?**

1. Focus on what went wrong and who is responsible for the failure.
2. Immediately look for alternative solutions and brainstorm with the team about lessons learned.
3. Become demotivated and lose enthusiasm for the rest of the project.
4. Decide to simplify the project scope drastically to avoid any future issues.

**Scenario 4: Learning a New Skill (e.g., public speaking, coding, a new instrument)**

You've been practicing a new skill for weeks, but you feel like you're still making very slow progress, and others seem to pick it up faster.

**A. Mindfully "Notice and Name" your initial reaction:**

1. "I notice a thought: 'I'm just not naturally talented at this like others are.'"
2. "I notice a feeling of discouragement and a desire to give up."
3. "I notice the temptation to compare myself negatively to others."
4. "All of the above."

**B. Which of these demonstrates a Growth Mindset response?**

1. Stop practicing for a while, hoping inspiration will strike.
2. Increase your practice time but use the exact same methods.
3. Seek out a mentor or different learning resources and identify specific areas for targeted practice.
4. Conclude that some people are just born with certain talents, and you're not one of them for this skill.

**Reflection after completing the scenarios:**

What did you learn about your typical reactions to challenges? How can mindfully "Noticing and Naming" help you choose a growth-oriented response more often?

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