

GROWTH MINDSET

Sometimes we don't realize how many self-limiting thoughts we have in our heads which can hinder us from being our best selves. That's why having a growth mindset is so important.

This exercise can help you reframe your negative self-talk into better and healthier ones. Instead of beating yourself up, changing the way you think can allow you to grow and to do better next time.



CHANGING MY SCRIPT

My Old Beliefs	My Truth
ex. I'm not good enough.	ex. I'm imperfect but I am enough.



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



@themindnation

@themindnation.arabia



www.themindnation.com



hello@themindnation.com