

# BASIC MINDSET MAKEOVER

Creative self care is all about building wellness habits that make you feel healthy, empowered and fulfilled, but are also accessible, effective and authentic. And the first step we can take towards creating such habits, is to build a positive, or growth mindset.

## **In this digital download you will...**

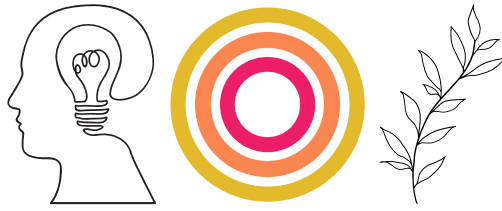
- Learn what a mindset is and how it affects your health and wellbeing
- Discover what kind of mindset you have
- Gain tools to create a growth mindset
- Have a checklist that will help you to regain your power, and be creative with your self care

**If you found this guide to be helpful, would like access to other self care tools, and would like to support my work, please consider a Patreon Membership.**

**Patreon Memberships start at just \$3/month and have access to ALL off my e-guides, kits, and courses for FREE....as well as some other exclusive Member perks.**

**To learn more about all the things visit:**

**CRYSTALMCLAINCREATIVE.COM**



# WHAT IS A MINDSET, AND HOW DOES IT AFFECT OUR WELLNESS?

Your mindset is your attitude, beliefs or intentions. It's kind of like the filter in which you see yourself and the world around you. It influences how you approach everything in life, including your self care practices.

Now, you may have heard of your mindset being referred to as either a fixed or growth mindset. Let's talk about the difference.

## **FIXED MINDSET**

A fixed mindset is more rigid and judgmental. It believes that a person is either good or bad at something, and that one's abilities, talents, and intelligence are fixed, meaning they can't evolve.

## **GROWTH MINDSET**

A growth mindset is just the opposite. It's more flexible and understands that with effort, a person can evolve their skills, or create change in their life. They believe in themselves, their abilities and possibilities.

Having a growth mindset is super helpful for practicing CREATIVE SELF CARE.

There are lots of ways to loosen up a fixed mindset, but they all boil down to one thing: Language. Our brains are lumpy grey computers that work on algorithms. And our default settings are based on how we've been programmed. But, like any other computer, we have the ability to be reprogrammed. Switching up the narrative from self-limiting verbiage to something more supportive and empowering will transform your algorithm, and set you up for growth.



## WHAT KIND OF MINDSET DO YOU HAVE?

### PART 1

Begin by spending time thinking about your thoughts, feelings or beliefs regarding each of your selves, their condition and your ability to care for them. Summarize these thoughts, feelings and beliefs in the boxes below.

### Your PHYSICAL Self & Health

This is your entire meat-suit. Your skin, hair, organs, muscles, bones, etc.

## Your MENTAL Self & Health

The part of you that's able to focus, make decisions, process information, and solve problems.

An empty rectangular box with an orange border, intended for notes related to mental health.An empty rectangular box with an orange border, intended for notes related to mental health.

## Your EMOTIONAL Self & Health

The part of you that's able to identify, experience, process, and express your feelings.

An empty rectangular box with a yellow border, intended for notes related to emotional health.An empty rectangular box with a yellow border, intended for notes related to emotional health.

## Your PRACTICAL Self & Health

The part of you that manages the systems, habits and routines that tend to things like time management, finances and chores..

A large, empty rectangular box with a thick pink border, intended for notes or reflections related to the Practical Self & Health section.A second large, empty rectangular box with a thick pink border, identical to the one above.

## Your Social Self & Health

The part of you that identifies and qualifies your self image in relationship to others, and manages your relationships and connections with others.

A large, empty rectangular box with a thick orange border, intended for notes or reflections related to the Social Self & Health section.A second large, empty rectangular box with a thick orange border, identical to the one above.

# Your SPIRITUAL Self & Health

The part of you that creates deeper connections, meaning and purpose within yourself and the world around you, and lives in accordance to your values and ethics.

A large, empty rectangular box with a yellow border, intended for writing notes or reflections.A second large, empty rectangular box with a yellow border, identical to the one above.

## GENERAL THOUGHTS & FEELINGS

Overall, what other thoughts and feelings do you have about yourself, your abilities and self care?

A large, empty rectangular box with a pink border, intended for writing general thoughts and feelings.A second large, empty rectangular box with a pink border, identical to the one above.



## WHAT KIND OF MINDSET DO YOU HAVE?

### PART 2

Now it's time to figure out what kind of mindset you have by becoming aware of the language you're using.

While considering the two language lists below, read what you've just written and determine what kind of mindset you have about each self. You may discover that you float between both growth and fixed.

PLEASE refrain from judging yourself. This is valuable information that will help you to see where you can start making empowering mental shifts.

Spend some time reflecting on your thoughts, feelings and beliefs, and write down what you discover on the next page.

#### FIXED MINDSET

- I can't
- I should/shouldn't
- I'm dumb
- I'm weak
- This is too hard
- I'll never get it
- Impossible
- Never
- I hate/love

#### GROWTH MINDSET

- I can
- I could
- I'm learning
- I'm getting stronger
- With practice I'll get it
- I haven't gotten it yet
- Possible
- Eventually
- I'm open to...



A series of horizontal dotted lines spanning the width of the page, intended for handwriting practice. The lines are evenly spaced and extend across most of the page's width.





## THE MINDSET MAKEOVER

You've spent years SUBconsciously programming your brain to believe, think and operate the way it currently does. So, reprogramming that noodle of yours is going to take time, patience, and a bit of practice.

**But you're totally worth the investment.**

In this next section you're going to start CONSCIOUSLY shifting your mindset by changing the language of your thoughts so that they're more supportive, flexible and empowering..

**And this is why...**





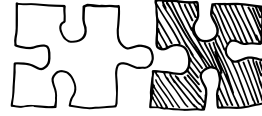
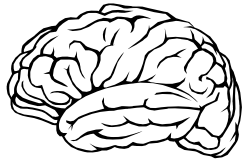
## THE PHYSICAL SELF & HEALTH

What's your PHYSICAL self or health goal?

What actions do you have to take to achieve it?

What kinds of feelings support these actions?

What thoughts or beliefs encourage these feelings?



## THE MENTAL SELF & HEALTH

What's your MENTAL  
self or health goal?

What actions do you  
have to take to  
achieve it?

What kinds of feelings  
support these actions?

What thoughts or  
beliefs encourage  
these feelings?



## THE EMOTIONAL SELF & HEALTH

What's your EMOTIONAL  
self or health goal?

What actions do you  
have to take to  
achieve it?

What kinds of feelings  
support these actions?

What thoughts or  
beliefs encourage  
these feelings?



## THE PRACTICAL SELF & HEALTH

What's your PRACTICAL  
self or health goal?

What actions do you  
have to take to  
achieve it?

What kinds of feelings  
support these actions?

What thoughts or  
beliefs encourage  
these feelings?



## THE SOCIAL SELF & HEALTH

What's your SOCIAL  
self or health goal?

What actions do you  
have to take to  
achieve it?

What kinds of feelings  
support these actions?

What thoughts or  
beliefs encourage  
these feelings?



## THE SPIRITUAL SELF & HEALTH

What's your SPIRITUAL  
self or health goal?

What actions do you  
have to take to  
achieve it?

What kinds of feelings  
support these actions?

What thoughts or  
beliefs encourage  
these feelings?



## RECLAIMING YOUR POWER

Humans have power amnesia. They forget what they're truly capable of. We forget that everything we're able to do today was once something we couldn't do before. We forget that we've successfully worked through challenging times. Make a habit of going through this checklist when you need a mindset boost.

- What's something I can do that I once couldn't?
- When am I at my best?
- What's a challenge I've worked through?
- What's one of my strengths?
- What's something I like about myself?
- When was a time I felt proud?
- What's something that inspires me?
- What's something that motivates me?
- When was a time I extended kindness?
- What's something I can do RIGHT NOW to feel better?
- Why is a growth mindset important to me?