



My **MINDSET** Habit Success Plan

“30-Day Challenge” Daily Worksheet ©



Date:		SPECIFIC MINDSET HABIT I AM TRAINING:	
PARs TO CREATE MY NEW MINDSET HABIT			
Prompt	What is your Prompt? (e.g. Any challenging moment)		
Action	What small step Action? (e.g. Keeping a flexible mindset in challenging moments. Etc.)		
Reward	What is your IMMEDIATE Reward? (e.g. self congratulations)		
Day	☒ I Trained	Amount / Time	How can I improve?
Day 1	☐		
Day 2	☐		
Day 3	☐		
Day 4	☐		
Day 5	☐		
Day 6	☐		
Day 7	☐		
<i>Congratulations!!! It's the end of Week 1 of training. Well done!</i>			
Day 8	☐		
Day 9	☐		
Day 10	☐		
Day 11	☐		
Day 12	☐		
Day 13	☐		
Day 14	☐		
<i>Congratulations!!! It's the end of Week 2 of training. Well done!</i>			
Day 15	☐		
Day 16	☐		
Day 17	☐		
Day 18	☐		
Day 19	☐		
Day 20	☐		
Day 21	☐		
<i>Congratulations!!! It's the end of Week 3 of training. Well done!</i>			
Day 22	☐		
Day 23	☐		
Day 24	☐		
Day 25	☐		
Day 26	☐		
Day 27	☐		
Day 28	☐		
<i>It's the end of Week 4 of training. Well done!</i>			
Day 29	☐		
Day 30	☐		
<i>You did it!!! You Completed Your 30 Day Challenge!</i>			
<i>The 5 key mindsets: Flexible Thinking, Human Centered, Curiosity, Inter-Connections, and Experimentation.</i>			
Day 31	<i>Extend each of Your New MINDSET Habits into Your daily life.</i>		