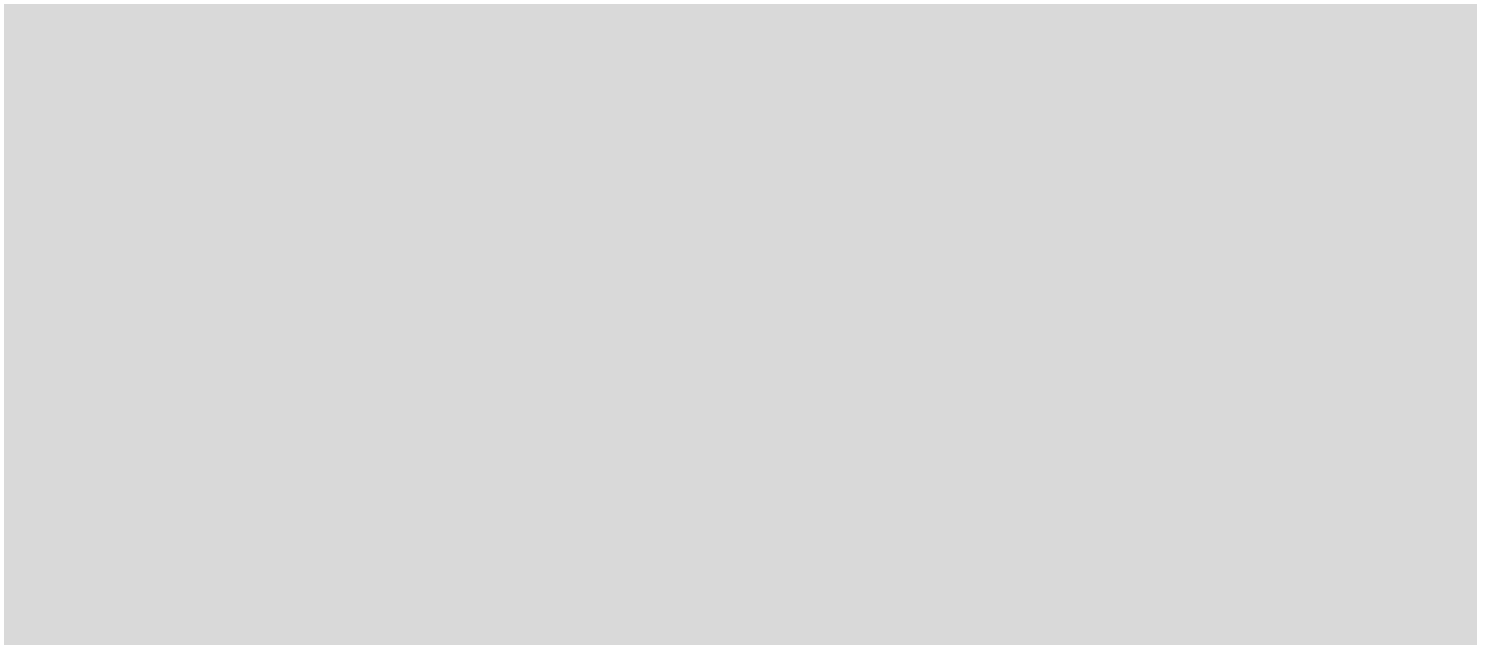


WHAT'S YOUR MINDSET?

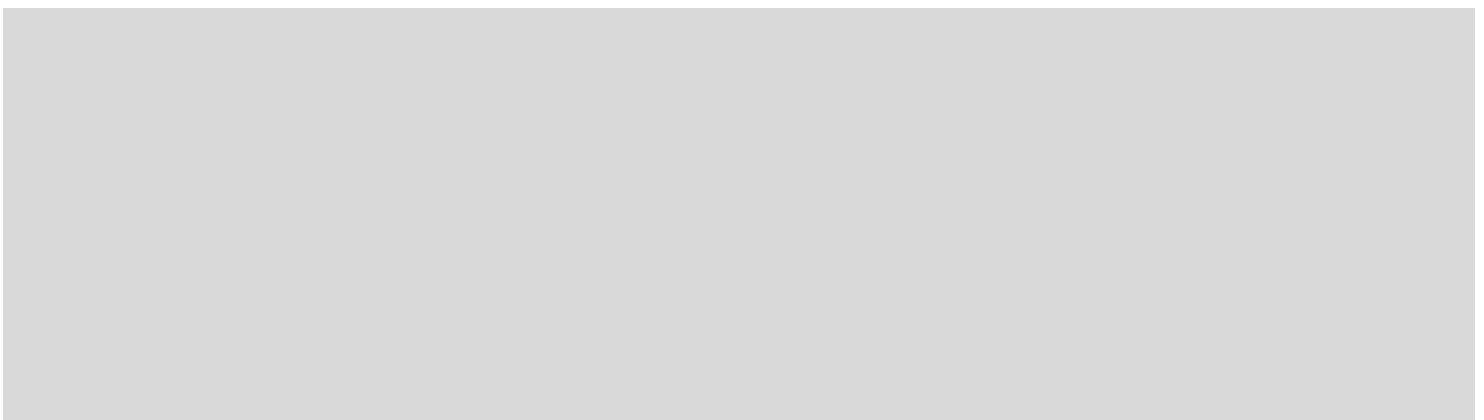
You have choices. The ability to choose comes after awareness of your current state of mind. Once you understand that, you can decide what to focus on next.

1. Start with a self-check on your default mindset. Remember, we don't control that first unconscious thought, so don't try to ignore or change that. Recognize your default, and if not People First, make a conscious choice to shift your mindset. The three common default mindsets are: Patients, People and Finance.

What is your default mindset? What triggers your default mindset?



This week, one thing I can do to shift my default mindset to People First is:



WHAT'S YOUR MINDSET?



2. Once you are clear on your mindset, take a look at the other aspects of a People First leader's mind. Over the course of a day or week, track the percent of time you maintain these different aspects. Then consider ways to increase your focus and skill at shifting your thinking. The percent of time doesn't need to add up to 100%. In fact, you want the individual mindsets to be as high as possible throughout the day.

PEOPLE FIRST LEADER'S MINDSETS:	PERCENTAGE OF TIME	WAYS TO INCREASE THE PERCENT
THE CURIOUS MIND		
THE GRATEFUL MIND		
THE HUMBLE MIND		
THE WILLING MIND		
THE PILOT'S MIND		
THE COACH'S MIND		

WHAT'S YOUR MINDSET?



General Mindset Observations:

What makes it easier to be in each mindset?

What makes it more difficult to shift to curious, grateful, etc?

Who can help you get or stay in the mindset you intend?

This week, one action I can take that will help me stay in _____ mindset more often, is to: