

# HOW TO SHIFT TO A LEADERSHIP MINDSET

*Which of the following phrases or thoughts do you have most often?*

*Consider swapping some of your “Follower” phrases and thoughts for “Leader” ones.*



## Follower Mindset

This is going to be too hard.

What if I mess up?

This is happening TO me.

This is inconvenient for me.

This is too complicated for me.

I'll wait to hear what "THEY" say.

How will I make it through?

No one will want to help.

This is the worst.

No one listens to my opinion anyway.

Who cares anyway?

There isn't enough time.

## Leader Mindset

I can do hard things. I am up for the challenge.

What if I changed something to make it work for the better?

This is happening FOR me. I will learn and grow from this.

This is best for the system at large.

What can I simplify to make this work?

I'll speak up and offer to help craft the plan.

This, too, shall pass. I can do anything for a short period of time.

I can ask for help.

What real, practical improvements could be made?

My voice matters.

I am passionate and capable.

I will create time.