MINDSET AGILITY REFLECTION

QUESTION
Which mindset duality grouping (1. Individualist & Collective; 2. Adventurer & Planner; 3. Inward & Outward) has the greatest discrepancy between your totals? (e.g. the greatest difference between your totals within one category)

ACTION
Reflect on the impact that this discrepancy has on your career and life. How is your leaning towards one mindset over another impacting your work, sense of fulfillment, direction, and those around you?

Knowing your predisposition to adopt one mindset over another, write down two to three ways you could enhance your agility in this category and take a more flexible approach moving forward. For instance, if your greatest discrepancy is between your planner mindset (high score) and adventurer mindset (low score), your action could be as simple as ‘When deciding whether to take on a risk and facing a fear of failure, connect with an advocate, sponsor or influencer for support and guidance.’

QUESTION
Which mindset (individualistic, collective, adventurer, planner, inward, outward) received the lowest total?

ACTION
Re-read the section of this report focused on the mindset you display the least often. Write down any key insights, anecdotes, stories, or pieces of advice from the women leaders featured in this research that resonate with you.

Write down two to three actions you can take over the next three months to trial this mindset. Can you schedule time with influencers? Take time to proactively plan your priorities and time allocation for the next few months? Take on a stretch role?

Share your actions with a colleague, friend or family member who will hold you accountable for action. Take stock of how adopting this mindset makes you feel and what the impact is on your career and life.