

December 2025

Mindset - Week 1: 12-1-25 Takeaway

Takeaway Sheet: “Understanding the Power of Thought”

1. Learn how mindset influences emotions, choices, and self-worth

- Your mindset sets the tone for how you experience daily life.
- Negative thoughts often lead to self-sabotaging behavior.
- A positive shift in mindset can boost confidence and emotional resilience.

2. Recognize the default narratives you tell yourself daily

- You repeat thoughts out of habit, not truth.
- Your inner critic is not the full story—it’s just one voice.
- Awareness is the first step to rewriting those inner scripts.

3. Understand the difference between fixed and growth mindset

- A fixed mindset says “I can’t.” A growth mindset says “I’m learning.”
- Believing you can grow opens the door to possibility.
- You’re allowed to evolve, one thought at a time.

4. Explore how thoughts create patterns and behaviors

- Thoughts become actions when repeated often enough.
- Catching thought loops helps you interrupt unhelpful habits.
- New thoughts = new patterns = new outcomes.