

GROW

MINDSET

Choose one commitment to help develop a growth mindset, curiosity or openness. For example, reframing your inner voice when you're faced with a new challenge, generating questions around a new area of investigation, or re-evaluating an existing belief.

ACTION:

WHEN & WHERE:

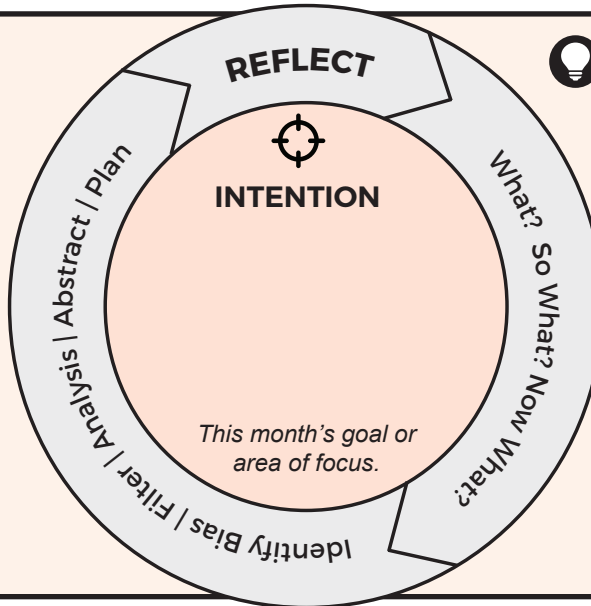
EXTEND & LEARN

EXTEND - Experiences, People & Ideas

NEW EXPERIENCES > STRETCH PROJECT:

NEW PEOPLE > PLAN TO EXPAND NETWORK

NEW IDEAS > READING LIST, COURSES ETC.



LEARN - Skills, Knowledge & Habits

SKILL TO COMMIT TO DELIBERATE PRACTICE:

- Activity:
- Feedback source:
- Key gap to focus on:

THREE MENTAL MODELS TO MEMORISE AND USE:

- 1.
- 2.
- 3.

ONE SMALL HABIT TO EMBED INTO YOUR LIFE:

- Trigger:
- Routine:
- Reward:

SUPPORT

PEOPLE

Primary point of support this month from team members, community of practice, coach, mentor or broader network.

- Who:

- Action/ date to confirm their support:



SYSTEMS

One workflow or process improvement to support you this month.

- System change:

- Action/ date to implement:



ENVIRONMENT

One tweak to your physical or digital environment that will help support you this month.

- Environment change:

- Action/ date to implement:



RESOURCES & TOOLS

One new or repurposed tool, including checklists, apps, quick reference guides, that will help support you this month.

- Resource or tool:

- Action/ date to secure:

