

## MINDSET JOURNEY: INVITING THE NEW

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*Complete a new sheet for each of 3-5 new activity or experience. This sheet is # \_\_\_\_.*

A new activity or experience I have tried lately (personally or professionally):

My level of enjoyment:

My level of “success” (e.g., how well I did or other positive outcomes):

How attached I was (am) to the idea of success when trying something new:

Tangible benefits of this new activity or experience (to myself and others):

Intangible benefits of this new activity or experience (to myself and others):

What else I might pursue that is related to or an expansion of the above: