

# THE POWER HIVE



## TIPS TO DEVELOP A GROWTH MINDSET WITH WELL MINDS AT WORK

- 1** Reframe your thinking by using the perspective check
- 2** Practice breathing (try the 4-7-8)
- 3** Develop awareness of your thinking
- 4** Think about how you would advise a friend
- 5** Get into a neutral state  
“Okay, this has happened, what can I do about it?”
- 6** Be present and mindful of your own thoughts
- 7** Be kind to yourself
- 8** Audit your own thinking traps
- 9** Try journaling

