

Get your mini mindset MOT

As one year ends and another begins, it's a great opportunity to reflect and take stock of how we're doing and what we want to change.



Sabrina Francis, from Mind Set Match, has put together a quick mindset MOT, to help you to pinpoint and prioritise the areas you might want to work on.

Step 1 - Take the test

For each statement consider which areas you think...


- are going well for you 😊
- where there could be some improvement 😐
- concern you or are not going well 😞

Step 2 — Plan it out

Look over your results and decide which areas you want to work on. Select no more than three areas, put them in an order of priority. Formulate your plan by writing down your answers to the following questions:

- What difference would it make to your life to improve this?
- What would success look like?
- What are the benefits? And what might you lose as a result?
- What are the small steps you could take to get you there?
- What will you need to help you?
- What might stop you and how will you get around it?

Take the test now!

1. I am able to manage my emotions myself. 
2. I am able to manage my expectations of myself. 
3. I am able to be the person that I would like to be. 
4. I am able to maintain my relationships at work and home. 
5. I am feeling loved and supported. 
6. I am able to spend time looking after my support team. 
7. I am able to communicate effectively. 
8. I am able to understand someone else's point of view 
9. I manage personal stress effectively. 
10. I make plans to recharge the battery as often as I need to. 
11. I am feeling physically healthy. 
12. I am able to take sufficient rest and relaxation each day. 
13. I am able to be confident. 
14. I am able to be happy. 
15. I am organised and successful in what I do. 
16. I have a clear sense of direction direction and purpose in my life. 

For more support with any of your new life resolutions get in touch with:

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Mind Set Match

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