
MASTERING THE MINDSET FOR BEHAVIORAL CHANGE

Companion Workbook

Marilyn Gansel, PsyD

positiveperformancecoach.org

MODULE 1

Understanding the Mindset-Behavior Connection

Before you can change a behavior, it helps to see the belief underneath it. This module is about noticing the link between what you think and what you do.

1. Describe a behavior you'd like to change. What have you already tried?

2. What do you believe about yourself in relation to this behavior? (e.g., "I'm just not a disciplined person.")

3. Where do you think that belief came from?

4. If a trusted friend held that same belief about themselves, what would you say to them?

MODULE 2

Identifying and Rewiring Limiting Beliefs

Limiting beliefs often operate quietly in the background. This module helps you name them and begin replacing them with something more accurate and useful.

1. Write down a limiting belief that shows up often in your self-talk.

2. What evidence do you have that this belief is actually true? What evidence contradicts it?

3. Rewrite the belief as a more balanced, accurate statement.

4. What would change in your daily choices if you fully believed the new statement?

MODULE 3

Building Resilience Systems That Hold Under Stress

Resilience isn't about avoiding setbacks, it's about having a system ready for when they happen. This module maps out your personal resilience plan.

1. What situations tend to derail your progress the fastest?

2. What has helped you recover from a setback in the past?

3. Name one resilience practice you can put in place before you need it (not after).

4. Who or what can you lean on for support when stress is high?

MODULE 4

Designing Habits Around Your Real Life

A habit that ignores your actual schedule, energy, and constraints won't last. This module is about designing for the life you really have.

1. What does a realistic version of this new habit look like on your busiest day?

2. What existing routine could this new habit attach to?

3. What's one obstacle you can remove in advance to make the habit easier?

4. How will you track progress without it becoming another source of pressure?

Sustaining Change Long-Term

The final stretch is about staying the course after the initial motivation fades. This module focuses on what keeps change alive months from now.

1. What has caused past changes to fade out over time?

2. How will you know, three months from now, that this change has stuck?

3. What's your plan for the moments when motivation dips?

4. Who will you tell about this goal to help you stay accountable?

Final Reflection

Look back over everything you've written in this workbook.

1. What's the biggest shift in your thinking since Module 1?

2. What's one commitment you're making to yourself going forward?
