

Mindset Worksheet: Ignite Your Weekly Growth

The Mindset Worksheet is a one-page, fillable A4 PDF empowering Australian entrepreneurs, small business owners, and beginners to apply IGNITE: Skyrocketing Your Business with Mindset & Mentorship's mindset strategies. Rooted in phillipmatthew.com's Understanding Your Potential (UYP) Philosophy, it supports weekly reflections to set goals, reframe limiting beliefs, and track progress, per the Transform component Download at https://phillipmatthew.com/ignite/resources/ for digital or printed use.

Instructions:

Complete weekly (10–15 minutes) digitally or printed. Focus on one goal with structured prompts. Review with Phil's coaching at https://phillipmatthew.com/book-a-call/ to overcome challenges like the 60% failure rate.

Section 1

DEFINE YOUR GOAL	ACTION STEPS
What is your clear vision?	
How does it align with your values?	
What makes it achievable this week?	
What's one key outcome?"	
When will you review progress?	

Section 2

Limiting Belief Reflection (Identify one mindset barrier and reframe it)		

Example: Identify one mindset barrier (e.g., "I'm not ready to lead") and reframe it (e.g., "I'm developing leadership daily").

Section 3

Progress Tracker

Daily Actions	Outcome

Example: Log 5–7 daily actions (e.g., "Posted on Instagram") and outcomes (e.g., "Gained 5 followers").