

User Guide Mindset Worksheet: Ignite Your Weekly Growth

The Mindset Worksheet User Guide is designed to help Australian entrepreneurs, small business owners, and beginners effectively use the Mindset Worksheet https://phillipmatthew.com/ignite/resources/. Linked from Skyrocketing's Resources, it provides step-by-step instructions to complete the worksheet's three sections, aligning with UYP's "Setting Goals The Right Way"

Introduction:

The worksheet's purpose (weekly goal setting, mindset reframing, progress tracking) and benefits

Section 1 Guide Use the 5x2 grid to set your weekly business goal in 5–7 minutes. For "What is your clear vision?", write, "Boost Instagram engagement." In the right column, list actions like "Post daily" or "Check analytics Friday." Answer each left-column prompt to clarify your goal, aligning with UYP's "Setting Goals The Right Way" (Skyrocketing, p. 35). This keeps you focused in Australia's 97.2% small business market (ABS, 2024, p. 35), driving progress toward your vision

Section 2 Guide Reframe a limiting belief in 2–3 minutes. Write a barrier, like "I'm not ready to lead," under "What's holding me back?" Then, reframe it as "I'm developing leadership daily" in "Reframed Belief." Journaling builds resilience, supporting Transform and UYP's mindset shift.

Section 3 Guide Log 5–7 daily actions and outcomes in 3–5 minutes, like "Posted on Instagram" and "Gained 5 followers." Check off actions, note results, and rate your confidence (1–10). This tracks progress, boosting empowerment and overcoming challenges like the 60% failure rate

Tips Review your worksheet weekly with Phil's coaching at https://phillipmatthew.com/book-a-call/ to deepen insights. Use it digitally or printed, staying consistent to build resilience (Transform, p. 9). Regular reflection keeps your goals aligned with UYP's vision, fuelling success in your business journey.