

Mindset cards to be used with in sessions to build confidence, self-belief and motivation

### **Guide**

*Individual:*

*Each day shuffle the pack, select a card and follow the instructions on the reverse.*

### **Facilitator-/ Learner Led group:**

*Ask a learner to select a card, read it out and share personal experiences.*

### **Suggested- Daily:**

*Affirmations*

*Grateful Diary*

*Weekly- Journal*

### **1-2-1 review**

*Pick cards that you feel will help the learner or let them select cards that they are drawn to.*

*Discuss.*

#### **Journal**

*How much room are you giving yourself to grow and learn? Are you making time for yourself, are you recharging and are you practising at home? Write a list of the things you need to learn. Prioritise the most important.*



#### **Journal**

*Think about what you could do better. What small improvement can you make?*

- Timekeeping
- Appearance
- Teamwork
- Training
- Enthusiasm



#### **Journal**

*Are you worried about something?  
Create a mind map to understand why.*

*It's helpful to think of the worst-case scenario and be comfortable with the outcome. Acknowledge these thoughts and feelings.*

*If you need to make a new plan.*

#### **Journal**

*Clients may forget what you said but they will not forget how you made them feel.*

*When was the last time you experienced a great service? What was it that made it special?*

*How can you use that experience to make your clients feel special?*