

## MINDSET MATRIX

Use this table to document your fears, issues and concerns. Identify a different way to view the issue and switch your thinking to pinpoint the positives from each situation.

<b>FEARS</b> – list your fears, to put them in perspective	<b>ISSUES</b> – break down each issue to be addressed separately
<b>FACTS</b> – what do you know for sure?	<b>SWITCH</b> – if something happens, how can you turn it around?
<b>UNKNOWNNS</b> – list everything that’s not a fact (assumptions, future concerns)	<b>POSITIVES</b> – what positives might come of this situation?

FEARS	FACTS	UNKNOWNNS	ISSUES	SWITCH	POSITIVES

