

# Principle 2. Example

## MINDSET PRACTICE – YOUR THREE WORDS

A great Mindset for navigating the Unknown is that of a

*Curious*

*Explorer*

\_\_\_\_\_ , \_\_\_\_\_ .

What are three characteristics (words) of your Curious Explorer's Mindset that generate energy, excitement, and motivation?

*Your 3 Curious Explorer Mindset Words*

*Curious*

*Explorer*

*Growth*

\_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ .

### MINDSET FORMULA: E + S = O

*Events*

+

*Story*

=

*Outcome*

\_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_ .

**Stories come from  
the words we  
choose.**

# Principle 2.

## MINDSET PRACTICE – YOUR THREE WORDS

The objective is to develop a purpose sentence you remember that motivates you over and over.

A great Mindset for navigating the Unknown is that of a

\_\_\_\_\_ , \_\_\_\_\_ .

What are three characteristics (words) of your Curious Explorer's Mindset that generate energy, excitement, and motivation?

*Your 3 Curious Explorer Mindset Words*

\_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ .

**MINDSET FORMULA: E + S = O**

\_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_ .

**Stories come from  
the words we  
choose.**

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## MINDSET PRACTICE - YOUR CURIOUS EXPLORER STORY

### NEGATIVE OUTCOME:

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What's a story you tell yourself that has a NEGATIVE effect on you?

*When I launch new Ideas that I don't know how to fully build at the beginning, it is nerve-racking and intimidating. People will probably think I am not prepared. They might think I am faking it or maybe I'm not talented enough to do this.*

### POSITIVE OUTCOME:

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Tell that same story as a Curious Explorer with Your 3 Curious Explorer Mindset Words so that it has a POSITIVE effect on you.

*Launching new Ideas will help me and others grow and discover what is possible. My curiosity and generosity are huge assets to discover how I can help others and build better communities for all. If I'm up front about the reason for exploring this Idea rather than planning it, people will be accepting and engaged with the process.*

*Remember: Events + Story = Outcome.*

## *Principle 2.*

# MINDSET PRACTICE - YOUR CURIOUS EXPLORER STORY

### **NEGATIVE OUTCOME:**

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What's a story you tell yourself that has a **NEGATIVE** effect on you?

### **POSITIVE OUTCOME:**

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Tell that same story as a Curious Explorer with Your 3 Curious Explorer Mindset Words so that it has a **POSITIVE** effect on you.

*Remember: Events + Story = Outcome.*