

# SWIFT Success GO Mindset Mastery

Mindset Mastery can make you up to 7.3x MORE VALUABLE to your company/leadership/team and self, according to extensive research by Professor Paul Stoltz & James Reed. **96% of employers chose mindset over skill set.**

A Winning Growth-Optimised Mindset harnesses adversity and generates ENERGY...It Includes the foundation values of a “4G Mindset,” which are grouped into 4 main Mindset categories:

- **Global Mindset:** Being open-minded, flexible, adaptable, curious, collaborative
- **Good Mindset:** Being kind, honest, trustworthy, loyal, dependable, compassionate
- **Grit Mindset:** Being resilient, focused, tenacious, committed, and determined
- **Growth-Optimised Mindset.** Open to learn, fail, grow, and receive feedback.

**Step #1.** Rate yourself (0-10) for each quality in column Personal Score. **Step #2:** Rate the importance, or priority, of the top 10 qualities in order from 1 to 10. With 1 =Most important, 2=next most important etc.

| Quality               | Rankings  |  |
|-----------------------|---|--|
|                       | Rating of myself in each area   | Priority in my work/space  |
|                       | Score 0-10. 0=lowest/worst. 10 = best /highest or somewhere in between. | Rank the Top 10 in order of importance in your present work/biz context. Prioritise 1 = most NB etc...-to 10 |
| Honesty               |   |  |
| Trustworthiness       |   |  |
| Commitment            |   |  |
| Adaptability          |   |  |
| Accountability        |   |  |
| Flexibility           |   |  |
| Determination         |   |  |
| Loyalty               |   |  |
| Relationship building |   |  |
| Contribution          |   |  |
| Sincerity             |   |  |
| Balance               |   |  |
| Fairness              |   |  |
| Morality              |   |  |
| Drive                 |   |  |
| Collaborative Focus   |   |  |
| Energy                |   |  |
| Purposefulness        |   |  |
| Openness              |   |  |
| Innovativeness        |   |  |

**Mindset fills the gaps:** Employers believe that people with the right mindset are far more likely to develop the right skill set than the other way around.

**Mindset endures:** Employers don’t know what sort of skills they will want in ten years, but they are very clear about what sort of mindset they will want.

**Mindset secures your job:** Employers overwhelmingly chose those people with the right mindset—the 3G Mindset—as the ones they would keep, even when they had to cut everyone else.

**Mindset sets you apart:** Employers reveal that when you master the 3G Mindset, you are worth more than seven “normal” co-workers.

**Mindset matters more:** Employers rank mindset above skillset when it comes to recruitment /promotion decisions.

**Mindset and money are married:** studies by Reed & Stoltz reveal that the Mindset, correlates with how much money you might make.

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## Slow To GO - Free Mindset Mastery Profile

Score each question on the right between 0 and 10 or in between as it typically pertains to your mindset or attitude/beliefs. 0 = no / never – 10= totally/always or somewhere in between.

| No# | Question/Statements  | # |  |
|-----|--|---|--|
| 1   | I don't mind change. It's just part of growth.   | " |  |
| 2   | I make it a priority to set goals and stick to them.                                       | " |  |
| 3   | You have a certain amount of intelligence, and you can't really do much to change it.      | * |  |
| 4   | Others have commented that they wish they could "bottle my enthusiasm."                    | " |  |
| 5   | Fear of Failure is a problem for me  | * |  |
| 6   | Although I may not have everything I want, I am happy, where I am, so far                  | " |  |
| 7   | When I set goals, I find ways to monitor my progress along the way.                        | " |  |
| 8   | I have a dream. Now I just have to take action to get there.                               | " |  |
| 9   | I engage in physical activity or exercise three times per week or more.                    | " |  |
| 10  | You are a certain kind of person & there's not much that can be done to change that.       | * |  |
| 11  | I am a self-starter.   | " |  |
| 12  | Adventure? That's my middle name.  | " |  |
| 13  | Relationships are priority.  | " |  |
| 14  | I always wait until the last minute to complete a project.                                 | * |  |
| 15  | Regardless of past failures, I will succeed.   | " |  |
| 16  | I can pretty well adapt to just about anything if necessary.                               | " |  |
| 17  | You can do things differently, but important parts of who you are can't really be changed. | * |  |
| 18  | Nothing can hold me back when I put my mind to it.   | " |  |
| 19  | I like me.   | " |  |
| 20  | Integrity is pivotal to achieving success the right way.                                   | " |  |
| 21  | Life is very unfair  | * |  |
| 22  | I consider myself to be very focused, and not prone to distraction.                        | " |  |
| 23  | Even when it comes to finances, I'd sacrifice short-term security for long-term gain.      | " |  |
| 24  | Truly smart people do not need to try hard   | * |  |
| 25  | Security is important, but it isn't the most important factor to happiness.                | " |  |
| 26  | I am often demotivated, depressed or withdrawn.  | * |  |
| 27  | I always want more knowledge and make it a point to learn new things.                      | " |  |
| 28  | I have what it takes to succeed. I just need to use it more wisely.                        | " |  |
| 29  | My friends would call me confident.  | " |  |
| 30  | I waste time during my workday.  | * |  |
| 31  | Caring showing genuine concern and compassion for others                                   | " |  |
| 32  | I cannot change my level of intelligence – I am the way I am.                              | * |  |
| 33  | I am open receptive to a broad range of new ideas and perspectives                         | " |  |
| 34  | I give up easily   | * |  |
| 35  | No matter who you are, you can significantly change your intelligence level.               | " |  |
| 36  | You have a certain amount of talent, and you can't really do much to change it.            | * |  |
| 37  | The harder you work at something, the better you will be at it.                            | " |  |
| 38  | Trying new things is stressful for me and I avoid it                                       | * |  |
| 39  | I appreciate when people give me honest feedback about my performance.                     | " |  |
| 40  | I feel vulnerable/self-conscious, even angry when I get negative feedback                  | * |  |

**Scoring: Total up your rating/score of all your questions with # " & all your questions with # \***

|                   |            |   |                   |                                   |
|-------------------|------------|---|-------------------|-----------------------------------|
| # " GO= Max = 260 | My " Score | = | Subtract * from " | Higher = More<br>Growth Optimised |
| # * FX= Max = 140 | My * Score | = | =                 |                                   |

The real power isn't in the scores, it in asking the questions with a pre-frame of "how would a person with a STRONG Resilience, GRIT & GROW mindset respond?" Become very conscious of your self-talk.