



The Struggle Mindset Checklist

The following scenarios are how we tend to think, feel and behave when we're approaching life from a *struggle mindset*. Remember, it's a very common way of being so don't be alarmed if these are relevant for you. To help yourself let go of this belief system, follow the suggestions in 7 Questions Highly Confident People Ask Themselves and use your

journal to explore ways to answer the question: *What would this look like if it were easier?*

Of the following, tick those that seem familiar to you:

I often feel tired for no real reason.	
I wonder why life is such a struggle when others have it easier.	
I work really hard but I never seem to get to where I want to be in life.	
I find it hard to trust in the support of others.	
I spend a lot of time on fire-fighting problems.	
I feel stressed and overwhelmed by all the things I have to do.	
I have unexplained bouts of feeling low or depressed.	
I work extra-long hours.	
I fear people's scorn if I make a mistake.	
I feel like a failure for needing to share tasks.	
I compare myself to others: either deciding I'm better than they are or not as good as they are.	

I have anxiety attacks.	
I have stress-related physical ailments.	
I find it difficult to say 'No' to people	
I feel resentful and angry about never having enough time.	
I'm unable to fully relax if others aren't happy.	
I find it hard to give up something even when it's clear it's not working.	
I have unhelpful habits or addictions.	
I often feel like I'm being taken for granted.	

This pdf is a resource for the book: 7 Questions Highly Confident People ask
Themselves

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