

PROMOTION VS. PREVENTION MINDSET

What's your mindset when pursuing your goals? A promotion mindset is how much your goals are oriented around trying new things, advancing your values, and working outside your comfort zone. A prevention mindset is how much your goals are oriented around meeting your responsibilities, while taking as few risk as possibles.

PROMOTION MINDSET EXAMPLES

- I see my goals as an opportunity to gain something.
- My focus is on playing to win.
- I frequently and confidently take chances to achieve my goals because I plan for the best-case scenario. Some might call me an optimist.
- I experience more errors because I take more risks.
- I am often unprepared with a plan B if something goes wrong.
- The worst things when achieving my goals are an opportunity not taken, an unearned reward, or the missed chance to advance.
- I thrive off of positive feedback and lose steam without it.

PREVENTION MINDSET EXAMPLES

- I see my goals as a responsibility and my priority is to stay safe.
- My focus is on playing to not lose.
- I stick to what I know because I plan for the worst-case scenario. Some might call me a pessimist.
- I work slowly and deliberately to reduce errors - I have strong analytical and problem-solving skills.
- The worst thing when achieving my goals is making mistakes.
- I am uncomfortable with praise or optimism about the job I have done.

