

THE 5 PLANNING MINDSETS

1

Everything in you cringes when you think about sitting down to plan so you avoid it at all costs.



2

Eh. You plan if absolutely needed but don't make it a priority in your life.



3

You know you should plan and set aside time to do it, but draw a blank when you try.



4

You enjoy planning but don't always make the time to do it.



5

You look forward to your scheduled planning times and consistently set aside time to review and plan.



Mindset Assessment Questions

1. Where do you see yourself currently on the 5 planning mindsets scale?
2. Write out what comes to your mind when you think about planning.
3. Review what you wrote in question 2 and identify the reason *why* you feel that way.
4. Is there a more positive way to think about planning? If so, how?
5. How can you remember to change your thinking regarding planning when confronted with the need to plan?