# ÂI MISTAKES

## Mindset

### DAILY CHECK LIST

#### AFFIRMATIONS

- ☐ I AM NOT AFRAID TO MAKE **MISTAKES** BECAUSE I WILL LEARN
- ☐ I CAN LEARN ANYTHING I SET MY MIND TO
- ☐ I EMBRACE **MISTAKES** AS OPPORTUNITIES TO GROW
- ☐ I AM CAPABLE OF IMPROVING WITH PRACTICE AND EFFORT
- ☐ MAKING **MISTAKES** IS VITAL TO MY SUCCESS
- ☐ I SEEK FEEDBACK TO IMPROVE AND WILL USE IT INSTEAD OF GETTING DEFENSIVE
- ☐ I AM OPEN TO NEW IDEAS AND PERSPECTIVES
- ☐ I BELIEVE IN MY ABILITY TO SUCCEED
- ☐ I AM RESILIENT AND CAN BOUNCE BACK FROM SETBACKS
- ☐ I AM IN CONTROL OF MY LEARNING AND GROWTH
- ☐ I AM CONSTANTLY IMPROVING AND GROWING
- ☐ I AM WORTHY OF SUCCESS AND DESERVE TO ACHIEVE MY GOALS

#### CHOOSE A GROWTH PROMPT

- ☐ **HAVE A DEVELOPMENT / MINDSET COVERATION WITH AI**

- "Ask me questions about my current situation to train and educate me about improving my performance. Act as my coach, asking 1 question at a time to help me learn and understand through the process. Automatically continue with the next relevant question for the remainder of the conversation. You will provide a closing recommendation when all the questions are answered."

- "Act as a motivational coach, providing questions, helpful advice, and activities I can use to reach my goals. Help me by creating accountability about my aspirations"

- "Act as a high-performance coach and develop strategies that can help me make better decisions and reach my goals. Provide relevant frameworks and tools for achieving success and practicing the right growth mindset. I need help with my habits"