

ACTIVITY 3

Mindset Quiz



OBJECTIVE:

Participants will identify their own mindset type.

MATERIALS REQUIRED:

Handout—Mindset Quiz

TIME:

- 10 minutes

PROCESS:

Prior to training:

- Take the Mindset Quiz. Consider your results; were they what you expected?

During the training:

- Follow the facilitator guide instructions:
 - Hand out the Mindset Quiz. Give participants a few minutes to take the quiz and get their results.
 - Ask participants to think about these questions:
 - Were you surprised by what you learned about yourself?
 - Do you recall a time when you thought differently than you do now?
 - If yes, what changed how you think?
 - How will you use this information in the future?
 - Give participants a chance to share if they feel comfortable.