

## GO TIME (tips to support a Growth Mindset, Resilience, and Healthy Habits)

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**GO TIME is a simple acronym with strategies to consider using to help promote a Growth Mindset and Resilience and help you to move towards your goals and your best self.**

**Positive Self-Talk:** Identify and challenge negative thoughts. Replace them with effective or affirming statements - create a positive script/affirmation for yourself.

**Visualization:** Visualize successful conversations/interactions and navigate challenging scenarios in your mind.

**Resilience Training:** View setbacks as opportunities for growth rather than failures - practice active reflection after positive and negative experiences - write down what you felt: emotions, thoughts, sensations in your body, and immediate reactions - what went well, what would you do differently?

**Focus and Concentration:** Incorporate mindfulness techniques into your daily routines to enhance focus and concentration (deep breathing, meditation, yoga, mindful stretching, progressive muscle relaxation, mantras).

**Emotional Regulation:** Recognize and manage emotions effectively (deep breathing or progressive muscle relaxation to control anxiety and stress). If you had emotional reactions that went in a negative direction - reflect/journal - what can you do next time to PAUSE/RESET before reacting in a negative way? Write a script and have it handy for reference.

**“The more you practice, the better you get, the more freedom you have to create.”  
Jocko Willink**

### PERSONAL GO-TIME PLAN:

**G**rowth Mindset: Embrace challenges as opportunities for learning. Embrace challenges as opportunities for learning; foster a belief that abilities can be developed through dedication and hard work. Practice this as much as you do physical skills!

What is your Growth Mindset goal? How can you embrace challenges you're facing?

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**O**ptimize Confidence: Visualize success, reflect on best performance/interactions and practice – do more of what went right and learn from all experiences! Celebrate successes everyday.

Practice visualization daily 😊

Visualize your success – what does that feel like, look like, smell like, taste like, what thoughts are putting me in the right state of mind?

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Do I need to create a thought reset for difficult times?

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What went right in your interactions?

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What's a success you've had today?

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**T**alk/Timing: Practice positive self-talk, intentional conversations with yourself and others  
Make positive self-talk script you can practice saying each day:

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Having helpful conversations with others can be mutually beneficial. What strategies do you plan to use to facilitate conversation?

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**I**nvest: Time and practice to develop healthy habits, routines to build positive thought, relational, emotional, health, relationships, and spiritual practices.

Routine Development: Establish healthy habits and routines (mind, body, spirit, relationships) to enhance consistency for optimum performance

Goal Setting: Establish realistic, challenging, and specific short-term and long-term SMART (specific, measurable, achievable/adaptable, realistic, time bound) goals

- What time and effort are you investing into healthy habits and routines? Develop a personal plan for success – and visualize it!
- Exercise \_\_\_\_\_
- Nutrition \_\_\_\_\_
- Time for Self \_\_\_\_\_

**M**otivation: remind yourself WHAT you are doing, WHY you are doing, and WHY it matters to you! Make it fun for yourself as much as possible. It's GO TIME - create your own victory!  
What is your WHY? What is the meaning you draw from your work and your activities?

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Identify your focus and your priorities:

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**E**motional Regulation: Recognize and manage emotions effectively. Delay immediate gratification/path of least resistance.

How can I better recognize where I am at? Where am I at emotionally in this moment?

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What affirmations or positive self-talk do I want to use to stay focused and positive during adversity?

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