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# MINDSET WORKBOOK

WHEN LOOKING AT YOUR MINDSET AND UNDERSTANDING HOW IT CAN IMPACT YOUR LIFE UNDERSTAND THAT THERE IS NO QUICK FIX. BE PATIENT WITH YOURSELF. USE THE FOLLOWING PAGES AS A GUIDE TO TRANSFORMING YOUR MINDSET A BIT AT A TIME.

THIS WORKBOOK IS DESIGNED TO BE USED IN CONJUNCTION WITH THE VOICEOVER NETWORK ACADEMY MINDSET COURSE.



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## LESSON 1

FIXED VS GROWTH MINDSET



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# GROWTH MINDSET

The driver behind motivation and achievement

## FIXED MINDSET

## GROWTH MINDSET

I already know it all

I want to learn

I give up easily

I welcome and learn from feedback

I ignore useful feedback

I learn from others

I can't change how smart I was born

I can train my brain

I don't need to practice

I can work hard to get better at something

I'll never be good at this

I will keep trying

Mistakes are bad so I avoid them

Mistakes are learning opportunities

I avoid things that require effort

I want to be challenged



## SELF-REFLECTION:

# Identifying Your Current Mindset

Reflection is the first step in understanding where you currently stand. Here are a series of questions aimed at helping you identify your mindset:

① How do I react when I face a challenge in my personal or professional life? Do I tackle it head-on or shy away?

② Do I appreciate feedback and criticism, viewing them as chances to improve? Or do I become defensive and disheartened?

③ What are my beliefs about my abilities? Do I believe I can grow and change, or am I stuck with what I have?



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## LESSON 2

SELF REFLECTION



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## SELF-REFLECTION:

# Developing your Mindset

**What parts of acting give me the most joy and meaning?**

How can I focus more on those?

**What unique strengths and talents can I bring to my acting roles?**

Share details about your current skills and experiences.

**What habits or mindsets may be holding me back from fully pursuing acting?**

Be honest. Take your time.

**Remember this is just for you! Be honest. You are going to look back on this and be amazed at how far you have come!**

**What limiting beliefs do I have about myself or my acting abilities? Are they really true?**

**How do I handle rejection and challenges in this industry?**

How can I develop resilience?

**Who and what inspires me as an actor?**

How can I immerse myself more in that?



**Remember this is just for you! Be honest. You are going to look back on this and be amazed at how far you have come!**

**What types of acting roles and projects align with my values and aspirations?**

**Am I taking enough risks and putting myself out there as an actor? If not, what holds me back?**

**What specific acting skills or qualities do I want to strengthen?  
How will I practice them?**





# MENTAL FITNESS SCORECARD

IF YOU HAVENT ALREADY, COMPLETE THE MENTAL FITNESS SCORECARD  
[HTTPS://SYMBIAPARTNERS.COM/MFSCORECARD/](https://symbiapartners.com/mfscorecard/)  
ADD YOUR % IN AND WHETHER YOU AGREE USING THE EMOJI FACES.

SELF  
AWARENESS



SELF  
MANAGEMENT



AGILITY



RESILIENCE



MINDSET



FUNDAMENTALS



HOW DOES THE SCORECARD SUPPORT MY OWN FEELINGS ABOUT MY MINDSET?

WHAT I'M GOING TO  
FOCUS ON IMPROVING

1

2

3

WHAT NEEDS TO CHANGE?

## SELF REFLECTION:

# Next Steps



Write down your reflections and commitments to change. Revisit and review them regularly.



Based on your reflections, What 1-2 core mindset shifts or habits you want to work on. Start small.



Find an accountability partner to talk about your reflections and support your growth. Who might that person /people be?



Notice when old thought patterns arise. Interrupt them with more empowering perspectives.



Each day, take one small action that aligns with your desired mindset shift. These build over time.



Celebrate small wins and progress. Changing mindsets takes time and consistency.



Read books, podcasts, or talks that inspire the mindset you aim to cultivate.



Be patient and compassionate with yourself. Changing deep habits of mind takes persistence.



Reflect regularly on your mindset and actions. Review your commitments. Adjust as needed.

**The key is consistency over time. With regular self-reflection and small, mindful actions, you can gradually shift your mindset and behaviours to become who you aspire to be.**



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## LESSON 3

CONFIDENCE



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# WHAT ARE MY STRENGTHS?

LOOKING AT THE STRENGTHS FROM YOUR VIA SURVEY NOTE YOUR TOP STRENGTHS BELOW

STRENGTH	HOW WILL I USE THIS IN MY VOICEOVER CAREER

THE 3 STRENGTHS AM I GOING TO IMPROVE	WHAT I'M GOING TO DO TO IMPROVE THEM
1	1
2	2
3	3

# LIMITING BELIEF BUSTER

Go through the steps below to banish those limiting beliefs and change your mindset. Take back control of your future.

LIMITING BELIEF:

IS IT TRUE? DO I KNOW IT IS TRUE?

HOW DID I GET THIS BELIEF?  
WHERE DOES IT COME FROM?

DECLARE IT!  
I DON'T BELIEVE THAT \_\_\_\_\_  
ANYMORE. IT IS NOT TRUE.

PROVE IT.  
FIND THE PROOF THAT IT IS  
NOT TRUE.

IMAGINE BEING FREE FROM THE BELIEF.  
HOW WOULD YOU CHANGE? HOW WOULD  
YOUR LIFE CHANGE?

FIND ANOTHER BELIEF THAT WILL  
COUNTERACT THE OLD BELIEF.

PROVE IT.  
FIND THE EVIDENCE THAT  
THE NEW BELIEF IS TRUE.

TEST IT.  
OBSERVE YOUR FEELINGS BEHAVIOUR AND RESULTS. HOW DO THEY  
COMPARE WITH YOUR OLD FEELINGS? ONCE YOU HAVE A NEW  
BELIEF IN SOMETHING THAT YOU LIKE BETTER YOU WILL FEEL AND  
BEHAVE DIFFERENTLY PRODUCING MORE PLEASING RESULTS



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## LESSON 4

TOOLS FOR THE FUTURE



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# DAILY REFLECTION

Date:

How did I feel today?

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Three great things that happened today:

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Challenges of the day:

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Achievements of the day:

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I am grateful for:

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What can I do to make tomorrow better than today?

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# Crafting Your PERSONAL AFFIRMATIONS:



**Stay Positive:** Frame affirmations in a positive manner, focusing on what you want, not what you want to avoid.



**Present Tense:** Phrase them as if they're happening now – "I am" instead of "I will be."



**Believable:** They should resonate with you, even if they stretch your current beliefs.

## **Exercise:**

Write down three affirmations tailored to your personal aspirations or challenges. Repeat them every morning for a week.



# 15 IDEAS FOR YOUR PERSONAL AFFIRMATIONS

1. I am building my vocal skills every day.
2. I am confident in my abilities as a voice actor.
3. I am committed to continuous improvement as an artist.
4. My unique voice is my power.
5. I am patient with the pace of my career growth.
6. I gracefully accept feedback to elevate my performances.
7. Each audition makes me better at my craft.
8. I am bold and creative in my vocal choices.
9. I am worthy of success in voiceover work.
10. My voice conveys emotions and connects with listeners.
11. I am elevating my career through strategic marketing.
12. I am strengthening my mental stamina for this demanding work.
13. Rejection motivates me to refine my skills.
14. I nurture my talent with practice and care.
15. Consistent effort leads to excellence in voice acting.



