

THE WORKJOY MINDSET TRACKER TEMPLATE



For each of the 10 statements in the table, put one of the below symbols in the 'Now' column:

- ✓ **A tick if you're fully on board with this statement and live by it**
- **A circle if you're fully on board in theory but aren't yet living by it**
- ✗ **A cross in the box if you're not yet fully on board with it**

	STATEMENT	NOW DATE	NEXT DATE	THEN DATE
ENGAGEMENT	1. I am personally responsible for my levels of joy 2. I stay hopeful even when things are tough 3. I cannot control everything that happens in my work life			
ENERGY	4. I actively seek out joy in the choices I make 5. I focus my attention where it matters most 6. I accept that getting it wrong and failure is part of the process 7. I spread joy to those around me			
EXPERIMENTATION	8. I am in pursuit of progress and not perfection 9. I try new and different things 10. I gather support and help from other people			

Now you've completed your baseline review in the 'Now' column, reflect on where you may want to invest some attention. Pick a circle that needs a little work or choose a cross in an area you really want to develop in, or even a tick you want to supercharge. Note down your reflections and determine an action you will take.

Once you've finished reading the book, come back to this one. Firstly, review your outcomes from the actions you took in the 'Now' column. Secondly, repeat the tick, circle, cross activity in the 'Next' box (remember to date it), before reflecting on and defining your next action.

Then repeat at an interval that makes sense to you; I'd recommend between 3 and 6 months.

	NOW	NEXT	THEN
REFLECTIONS			
ACTIONS			
OUTCOMES			