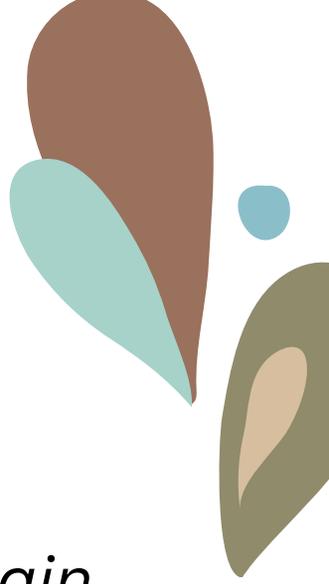


ADAPTIVE MINDSET WORKOUT

Build the mindset that grows with you.



*"Your future expands every time
your mindset does."*



ADAPTIVE MINDSET WORKOUT

Mindset is not what you have – it's what you train.

This workbook guides you through three pillars of an adaptive, future-ready mind:

- 1 COGNITIVE FLEXIBILITY** 
- 2 CURIOSITY OVER JUDGMENT** 
- 3 COMFORT WITH AMBIGUITY** 

Doodle here



"Small shifts in perspective create big shifts in life."



ADAPTIVE MINDSET WORKOUT

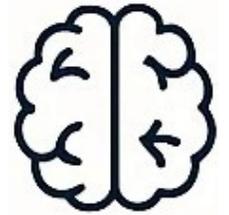


*One simple habit for each pillar this week.
Complete one exercise from each pillar this week.*

1

COGNITIVE FLEXIBILITY

Brainstorm three radically different solutions to a current problem or challenge.





CURIOSITY OVER JUDGMENT

Write down three curious questions about something you'd normally dismiss

2

3

COMFORT WITH AMBIGUITY

Make one small decision you've been putting off. What was it?



"Action cures fear. Curiosity fuels courage."





WEEKLY PRACTICE TRACKER

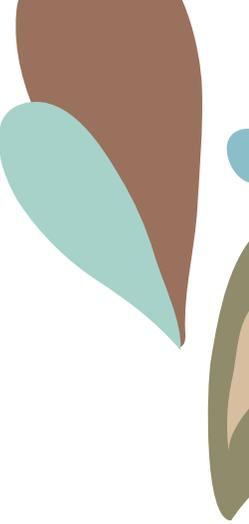
Small daily steps create lasting change.

DAY	FLEXIBILITY	CURIOSITY	AMBIGUITY
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES :

“What you repeat daily shapes who you become.”





WEEKLY REFLECTION

Awareness turns action into growth.

- **WHAT CHALLENGED ME THE MOST THIS WEEK?**

- **WHICH PILLAR FELT EASIEST? WHY?**

- **WHICH PILLAR FELT HARDEST? WHY?**

- **ONE MINDSET SHIFT I NOTICED.**

- **WHAT I WANT TO CONTINUE NEXT WEEK.**

"Reflection is the bridge between where you are and where you want to be."



TAKE YOUR GROWTH FURTHER

This Is Just The Beginning.

You've completed Week 1 of your Adaptive Mindset Workout – and that already puts you ahead of 90% of people who never take action.

But real transformation happens with consistency, community, and the right tools.

UNLOCK YOUR NEXT LEVEL WITH VRIDHHIBLOCK

Join the Vridhhiblock Growth Space to access:

- *Weekly mindset & productivity challenges*
- *Printable planners & reflection tools*
- *Career, creativity & personal growth resources*
- *Exclusive content not shared anywhere else*
- *Early access to upcoming digital products*

CONTINUE YOUR JOURNEY

Visit now:

www.vridhhiblock.com

Follow us on Instagram & [Pinterest](#) for daily motivation and new tools.

***“Your mindset is your most powerful asset.
Train it daily. Protect it fiercely. Grow it intentionally.”***

