GoZen!

MINDCRAFT:
MINDSET FINDER
FORTUNE TELLERS

HOW TO USE YOUR MINDSET FINDER

Mindset Finders help you take on challenges!

1 – Either by yourself or with a friend, choose a Mindset Finder that best describes the challenge you're facing, or your goal.

2 – With your thumbs and index fingers in the pockets, pick a word from the outside of the Finder and pinch and pull for each letter while you spell out the word.

3 – Next, choose one of the 4 visible numbers, and pinch and pull that number of times. Finally, choose one last number and lift up the flap to reveal a new Mindset to help you with your challenge.

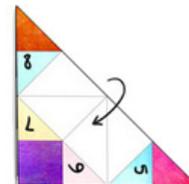Watch the video instructions here:

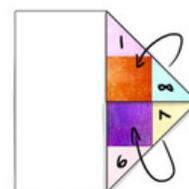GoZen.com

HOW TO FOLD YOUR MINDSET FINDER

1. Cut out your Mindset Finder square along the solid lines. (If you printed out a blank template, now is the time to decorate it!)

2. Turn the square face down on a flat surface.

3. Fold the square in half diagonally. Then, unfold and repeat on the other side. Unfold again so you have a flat, facedown square.

4. Fold each of the four corners into the center of the square. You should now have a smaller square.

5. Turn the smaller square over, and fold each of the corners into the center again, creating an even smaller square.
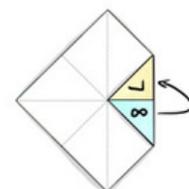
6. Fold that square in half (like a book.) Then, unfold and repeat by folding down (like a laptop).

7. You should now have four pockets under the words for your thumbs and index fingers.

8. Your Mindset Finder is done!

BRAIN

BREAK

REACH

BELIEF

1

2

3

4

5

6

7

8

Close your eyes. Imagine your brain growing from learning new skills.

Walk into another room or outside for 5 mins. as a break.

Try to focus for 15 mins.; then take a 5 min. break!

Learning new things is hard, but you never give up!

Your brain is forming new pathways when you learn.

Think of the next small step to reach your goal!

Visualize what it will feel like when you reach your goal!

You have time to learn this skill. Believe in you!

MINDSET FINDER #1: NEW SKILLS

Change your mindset when learning new skills!

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BELIEF

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5 MORE MINDSET FINDERS ARE INSIDE THE MEMBERSHIP AREA!
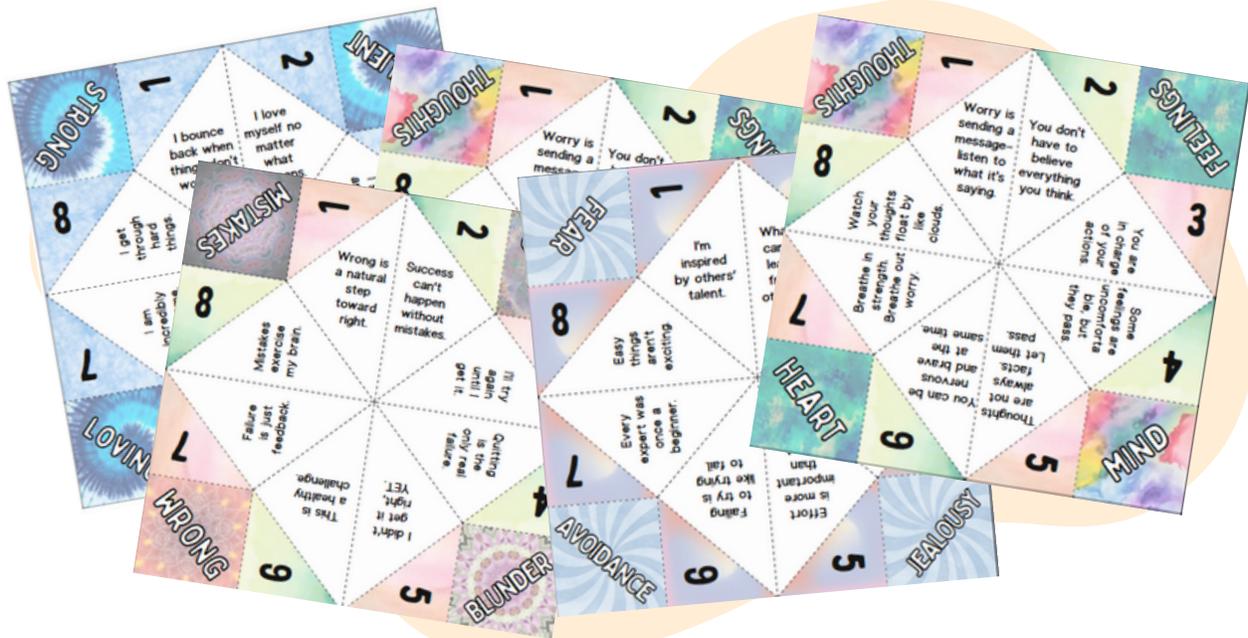
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