

Chapter 15: Assignment

Breaking Free from the “Used-to” Mindset

Objective: This assignment is designed to help you identify areas of your life where you may be leaning on past accomplishments and challenge you to set new, future-focused goals. By the end of this exercise, you’ll gain clarity on how to live as a “can-do” person rather than a “used-to” person, constantly pursuing growth and self-improvement.

Instructions:

1. Identify Your “Used-to” Areas

- Reflect on any areas of your life where you find yourself saying, “I used to . . .” more than, “I am currently . . .” Think about past achievements or phases you often talk about but haven’t recently built upon.
 - Write down two or three examples. For each, briefly describe why it was significant to you and how it still affects your self-image.
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2. Assess the Impact

- Reflect on how relying on these “used-to” statements has influenced your present mindset. Does it hold you back from setting new goals? Is it affecting your motivation to keep pushing forward?
 - Write a few sentences on how each “used-to” area has impacted your current progress and what challenges it may present to your growth.
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3. Define Your New Standard

- Think about how you can build on or move beyond these “used-to” accomplishments. For each example, set a new goal or milestone that will allow you to create fresh achievements in this area.
 - Use the, “What’s next?” approach and write down one action you can start immediately to break free from each “used-to” mindset.
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4. Commit to Growth

- Summarize your reflections in a short commitment statement. This should be a reminder of your pledge to keep moving forward, stay focused on new goals, and leave the “used-to” mindset behind.
 - Place this commitment where you can see it daily as a reminder to live with purpose and always look forward.
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Outcome: Completing this assignment will give you a clear understanding of how to avoid getting stuck in past achievements and instead focus on building a legacy of continuous growth and resilience.

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