



THE CENTER FOR  
Clarity, Compassion & Contentment

*find your center*

The Four Quadrants  
of Wellbeing

# Belief: *The Compassionate, Collaborative & Conscious Workplace*

## 1. Fixed Mindset v. Growth Mindset



### **Fixed Mindset**

*I give up easily.  
My potential is predetermined.  
Failure is a limit of my abilities.  
My intelligence is static.  
I avoid challenges.  
I stick to what I know.  
Feedback and criticism are personal.  
I will never improve.  
I am either good at it or I am not.  
There is no point in trying it.*

### **Growth Mindset**

*I like to try new things.  
I can learn to do what I want.  
Failures offer opportunities and growth.  
My intelligence can be developed.  
I embrace challenges.  
I learn from feedback.  
I keep trying and never give up.  
I am inspired by other people's success.  
My mistakes help me grow.  
I know this will help me even though it's  
difficult.*

**Kim Perone, Success Coach & Mindfulness Trainer**  
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2. How can you bring the best out in others? (and yourself?)
  
3. Compassion in the workplace is....
  
4. Collaborating in the workplace is...
  
5. Consciousness in the workplace is...
  
6. How can your organization remove blocks, find flow, and achieve the greatest success?



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