

MISSY
Shopshire

**Strategic
Thinking Skills
Course for
Leaders**

missyshopshire.com

Strategic Thinking

Course Objectives:

1

2

Notes:

Strategic Thinking Skills Inventory

Read and Consider each skill. Rate yourself on a scale of 1-10

1 = I **never** do this

10 = I **always** do this

1. I consider the past & predict future trends	1	2	3	4	5	6	7	8	9	10
2. I clearly define objectives	1	2	3	4	5	6	7	8	9	10
3. I remain flexible in my thinking & planning	1	2	3	4	5	6	7	8	9	10
4. I am perceptive & proactive	1	2	3	4	5	6	7	8	9	10
5. I seek advice & input from others	1	2	3	4	5	6	7	8	9	10
6. I am realistic about what is achievable	1	2	3	4	5	6	7	8	9	10
7. I am comfortable brainstorming	1	2	3	4	5	6	7	8	9	10
8. I am patient & don't rush to conclusions	1	2	3	4	5	6	7	8	9	10
9. I am optimistic and I can explain the difference between a growth and a fixed mindset.	1	2	3	4	5	6	7	8	9	10
10. I schedule time to process information	1	2	3	4	5	6	7	8	9	10

Reflection

Where are your strengths and weaknesses? Where do you see an opportunity for you to grow?

Creating Space

Growth Mindset

Fixed	Growth
Judgement	
Memory	
Past	
Focused on results	
Avoiding failure	
Staying safe	
How I appear	
"This is just the way things are"	
Ego	

Sources of Limiting Beliefs

How to Challenge a Belief

Write out the limiting belief (ie I'm a bad mom, I need to put others first, I have to do this, I can't leave early, I'm a procrastinator) Then, **write out your answers to these 5 questions.**

The Limiting Belief:

1.

2.

3.

4.

5.

New Belief

Example: When I set healthy boundaries I am able to accomplish my true priorities and I teach others they can do the same.

This content was adapted from Byron Katie.

The PITSTOP Method

The PITSTOP Method

The PITSTOP Method (quick guide)

- 1 - define the Problem
- 2- Imagine awesome
- 3- list what you've Tried
- 4 - Stop
- 5- assign a Team, set a Timeframe
- 6 - celebrate Progress

Notes

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