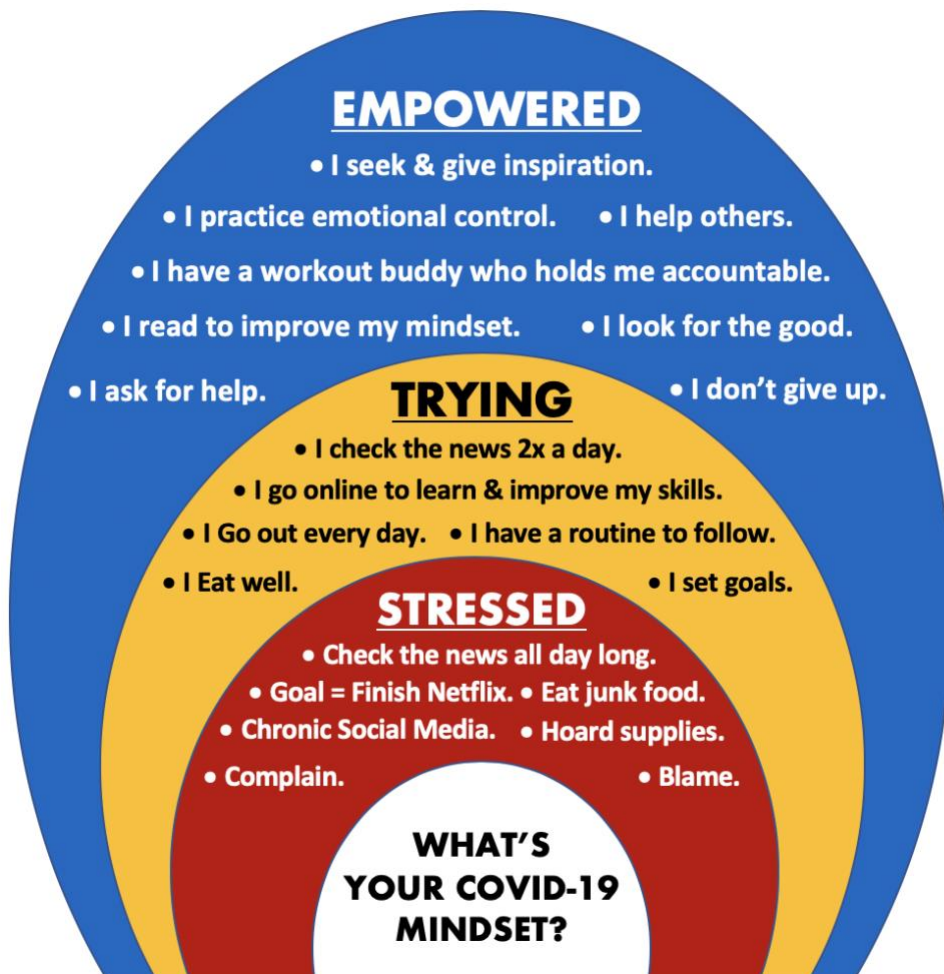


In the 3 columns below, place a “v” by each behavior you’re currently doing. Add up the number of “v” for each column. The column with the most checks. If it’s a tie, you are a combination of the two colors. Use the “COVID-19 Mindset” graphic to see what your Mindset is, and how you can take action to improve it.

BEHAVIOR	v	BEHAVIOR	v	BEHAVIOR	v
I check the news all day long.		I create a routine to follow.		I seek inspiration & help others.	
I binge on Netflix.		I go online to learn.		I practice emotional control.	
I eat junk food.		I go online to improve skills.		I have a workout buddy who holds me accountable.	
I numb out on Social Media.		I go out every day.		I read to improve my Mindset.	
I hoard supplies.		I check the news 2x a day.		I look for the good.	
I complain.		I set goals.		I ask for help.	
I blame.		I eat well.		I don’t give up.	
<b>Total of checks.</b>		<b>Total of checks.</b>		<b>Total of checks.</b>	



**My COVID-19 MINDSET IS,**

\_\_\_\_\_.

List 3 actions you can start doing today to improve your Mindset.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Share this with 3 people to help others improve their COVID-19 Mindset.**

**Link to download:**  
<https://www.brainsavvytraining.com/covid-19-mindset>