



Prisoner Mindset vs. Self-Leader Mindset Toolkit

Purpose: *This practical toolkit helps you identify thinking patterns that hold you back (“Prisoner Mindset”) and replace them with empowering habits and perspectives of a “Self-Leader Mindset.” Designed for entrepreneurs, high-achievers, or anyone seeking greater autonomy, clarity, and personal growth.*

1. Identify the Mindset You’re Operating From

Instructions: Reflect on the statements below. Check which ones resonate with your current mindset.

Prisoner Mindset

“I have no control over my circumstances.”

“Things happen to me.”

“I’m stuck; I can’t change.”

“I need approval to act.”

“Problems define me.”

Self-Leader Mindset

“I am responsible for my choices and outcomes.”

“I create the conditions for success.”

“I can learn, adapt, and grow.”

“I lead myself with clarity and purpose.”

“Challenges are opportunities to grow.”

Reflection Prompt:

- Which statements do I identify with most?
 - Where do I see evidence of both mindsets in my life?
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2. Prisoner Mindset Triggers

Instructions: Identify situations, thoughts, or behaviors that pull you into a Prisoner Mindset. Set a timer for 15 minutes to list them in your journal and note reactions, emotions, and thoughts that come up as you reflect on them.

- *Examples: procrastination, fear of failure, over-reliance on others, blaming circumstances*
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3. Self-Leader Mindset Shifts

Instructions: For each Prisoner Mindset trigger, write one actionable Self-Leader response.

Prisoner Trigger	Self-Leader Response
<i>Example: "I feel stuck and overwhelmed, so I avoid starting."</i>	<i>"I choose one small, clear action I can complete in 10 minutes and start there."</i>

Prompt:

- How can I practice this response **daily** until it becomes a habit?
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4. Daily Self-Leader Exercise

Instructions: Commit to one daily action that reinforces your Self-Leader Mindset.

Examples:

- Journaling your wins and lessons
- Decision-making without seeking external validation
- Setting a small goal and completing it independently



5. Weekly Mindset Review

- What moments this week did I operate from a Prisoner Mindset?
- What moments did I operate from a Self-Leader Mindset?
- How can I reinforce Self-Leader habits next week?

Motivational Cue: "Leadership starts with the mind you lead yourself with."



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WANT TO LEARN MORE?

My life coaching services are designed to help you move from inspiration to transformation – not by overwhelming you, but by walking with you as you build discipline, strengthen your mindset, and pursue the purpose God has placed on your life. Whether you're navigating transition, needing structure, craving deeper spiritual growth, or simply tired of doing everything alone, you don't have to figure it out by yourself.



If you're ready to

- *take intentional steps toward your goals,*
- *build habits that actually stick,*
- *strengthen your mindset and resilience,*
- *grow spiritually and emotionally, and*
- *move confidently into the future you've been preparing for...*

I'd be honored to walk along side you!

SCHEDULE A FREE CALL

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