

Mindset TRANSFORMATION



Do's & Don'ts FOR FEMALE LEADERS

A powerful mindset is essential for successful leadership. It shapes how we approach challenges, interact with others, and perceive our own capabilities. By consciously shifting our mindset, we can break free from self-limiting beliefs and unlock our full potential as leaders. This document outlines key do's and don'ts to help you cultivate a constructive mindset that fosters growth, confidence, and success.

MINDSET SHIFTS



DOs

Embrace Feedback

Set Boundaries

Focus your strengths

Cultivate a growth mindset

Celebrate your achievements

Seek mentorship and support

Make decisions aligned
with your values

Take calculated risks

Practice self-compassion

Visualize your success

DON'Ts



Take criticism personally

Overcommit to every request

Dwell on perceived
weaknesses

Resist change and new
challenges

Downplay your successes

Isolate yourself from others

Compromise your
principles for approval

Fear failure and play it
too safe

Engage in negative self-talk

Limit your imagination about
what you can achieve



COACH
Stacey H. Smith

Decide. Lead. Refine. Always Forward.
Copyright: © The Heroine's Edge | CoachStaceyHSmith.com