

5 G-Model Mindset Reflection Worksheet

Use this worksheet to analyze your thoughts and shift to a growth mindset using the 5 G-Model.

1. Identify a recent event that triggered strong emotions.
2. Write down your thoughts, feelings, and actions.
3. Reflect on how you can change your thinking for better outcomes.

1. Gebeurtenis (Event)

What happened? Describe the situation.

2. Gedachte (Thought)

What were your first thoughts about the event?

3. Gevoel (Feeling)

How did these thoughts make you feel?

4. Gedrag (Behavior)

What action did you take based on your feelings?

5. Gevolg (Consequence)

What was the result? What could you do differently next time?
