

WHAT DID YOU HEAR GROWING UP?

Could the words you heard years ago still be driving what you do today?

We all grow up hearing things about money, work, success, food, ourselves and other people.

- Some we forget.
- Some stick;
- Some may still be quietly influencing the choices we make today.

Let's see what sounds familiar.

WHAT SOUNDS FAMILIAR?

Don't overthink this.

Simply tick anything you remember hearing growing up
— even if you don't think you believe it now.

MONEY & SUCCESS

- ☐ Money doesn't grow on trees.
- ☐ You have to work hard for money.
- ☐ Money is hard to come by.
- ☐ We can't afford that.
- ☐ Don't waste money.
- ☐ Save it for a rainy day.
- ☐ Rich people are greedy.
- ☐ You can't have everything you want.
- ☐ Nothing comes easy.
- ☐ Life wasn't meant to be easy.

WORK & ACHIEVEMENT

- ☐ If a job's worth doing, it's worth doing properly.
- ☐ Hard work never hurt anyone.
- ☐ Stop being lazy.
- ☐ You have to earn your way.
- ☐ There's no such thing as a free lunch.
- ☐ Don't give up.
- ☐ Finish what you started.
- ☐ You should always do your best.
- ☐ Don't make mistakes.
- ☐ You can do better than that.

YOU & OTHER PEOPLE

- ☐ What will people think?
- ☐ Don't be selfish.
- ☐ Put other people first.
- ☐ Don't make a fuss.
- ☐ Don't rock the boat.
- ☐ Stop showing off.
- ☐ Don't get too big for your boots.
- ☐ Children should be seen and not heard.
- ☐ Keep the peace.
- ☐ Be grateful for what you've got.

FOOD & BODY

- ❑ Finish everything on your plate.
- ❑ Don't waste food.
- ❑ Think of the starving children.
- ❑ You can't have dessert until you finish dinner.
- ❑ Food is a treat.
- ❑ You've been good — you deserve a treat.
- ❑ Don't eat between meals.
- ❑ You're not leaving the table until you've finished.
- ❑ A little bit won't hurt you.
- ❑ Eat up — it'll make you big and strong.

WHAT DID YOU NOTICE?

HMMM... THAT'S INTERESTING.

How many did you tick?

0–5 — A few familiar ones.

6–15 — There's a bit to look at here.

16+ — You heard quite a few messages growing up!

There is no good or bad score.

This isn't about blaming your parents, family or anyone else.

They probably heard many of these things too.

It's simply about becoming curious.

NOW ASK YOURSELF:

Which saying jumped out at me?

Do I still say any of these to myself?

Where might this show up in my life today?

- Money?
- Work?
- Business?
- Relationships?
- Food?
- Confidence?
- Saying no?
- Putting myself first?

Is this something I actually believe
— or something I've simply heard so
many times that it feels true?

WHAT'S DRIVING YOU?

YOU MAY HAVE JUST SPOTTED PART OF YOUR
ICEBERG.

What we see on the surface might be:
Overthinking. Procrastinating. People-pleasing.
Avoiding something. Overspending. Overeating. Not
speaking up. Playing small.
That's the elephant — the thing we can see.

But underneath can be the iceberg:
The beliefs, stories, emotions and old patterns
we've picked up along the way.
And sometimes a sentence we heard years ago
has quietly become a rule we still live by.
"What will people think?"
can become
"I shouldn't do anything people might judge me
for."
"Money doesn't grow on trees."
can become
"Money is hard to get."
"Don't be selfish."
can become
"Everyone else should come before me."
Once you can see what's driving the behaviour,
you have something you can actually work with.
YOU DON'T HAVE TO KEEP FOLLOWING AN OLD
RULE JUST BECAUSE YOU LEARNT IT A LONG
TIME AGO.
That's what we explore at Mindset Mojo.
See the elephant.
Look beneath the iceberg.
Take back the driver's seat.
Curious about what's driving you?
LET'S TALK
Mindset Mojo
Bridging the gap between knowing and doing.