



FROM STUCK TO ACTION

YOUR GUIDE TO 7 INNOVATION
MINDSETS THAT WILL SET YOU ON
A JOURNEY TO GLOW UP

HOW TO MOVE FROM STUCK TO ACTION

7 INNOVATION MINDSETS THAT WILL HELP YOU OVERCOME OBSTACLES AND TAKE ACTION TOWARD YOUR DREAMS

You can use innovation when you are feeling stuck and don't know how to overcome an obstacle stopping you from achieving a goal. Embrace an innovation mindset to propel you out of stagnation and into action. With momentum on your side, you will impact the world in a new way. In this guide, you will discover 7 innovation mindsets used for problem-solving and overcoming challenges. Try one or all of them. Revisit the questions associated with each mindset to help you practice and recognize these mindsets in action.

1

THINK CREATIVELY

Look beyond traditional solutions and explore unconventional ideas and approaches to solving problems.

What is one idea you have for your life?

2

PRACTICE EMPATHY

Listen deeply to see the perspectives of others and the problems they are trying to solve.

What is a problem you wish you could help someone solve?

3

COLLABORATE

Build a network to support your work and that of others. Ask for help and seek feedback from a community willing to learn from each other.

What is one thing you could ask for help with?

4

BE CURIOUS

Cultivate a desire to learn new things and ask questions to understand.

What is something you are curious about?

5

EMBRACE FAILURE

See your mistakes as an opportunity to learn and grow, rather than a reflection of personal inadequacy.

What is something you failed at and are willing to learn from?

6

TAKE RISKS

Seek progress and not perfection. Be willing to be wrong to figure out what is right.

What is one risk are you willing to take to achieve your vision?

7

BIAS TOWARDS ACTION

Make a choice regardless of not knowing the outcome. Take a small step towards making ideas come to fruition.

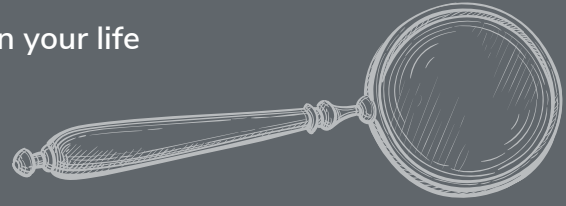
What is one small action you can take toward your dreams today?

"Embrace an innovation mindset to propel you out of stagnation and into action. With momentum on your side, you will impact the world in a new way."

TRACK YOUR INNOVATION MINDSETS

As you become more familiar with the innovation mindsets, use the circles below to record your discoveries about each one. Write down:

- how do you see these mindsets manifesting in your life
- what you like about them
- what you are challenged by
- any questions you have



1. THINK CREATIVELY



2. PRACTICE EMPATHY



3. COLLABORATE

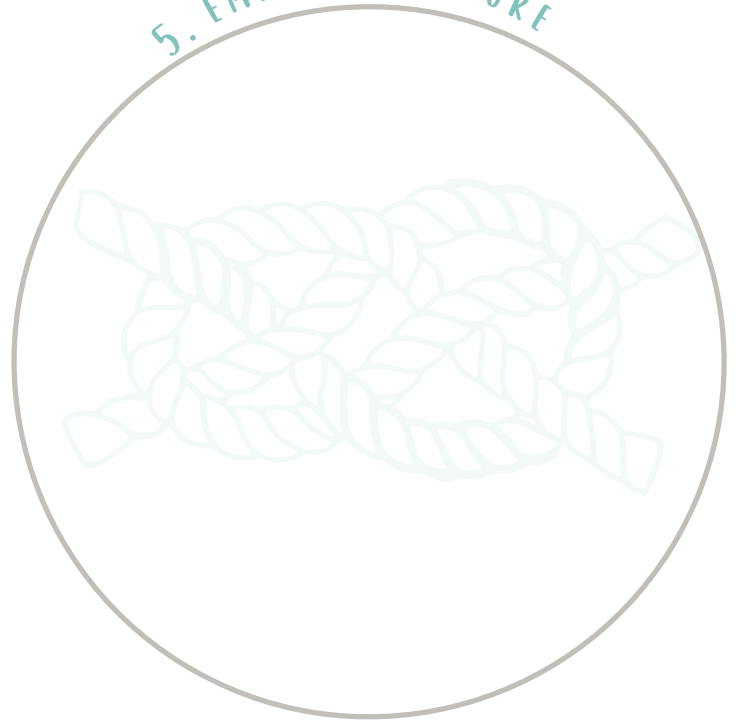


TRACK YOUR INNOVATION MINDSETS

4. BE CURIOUS



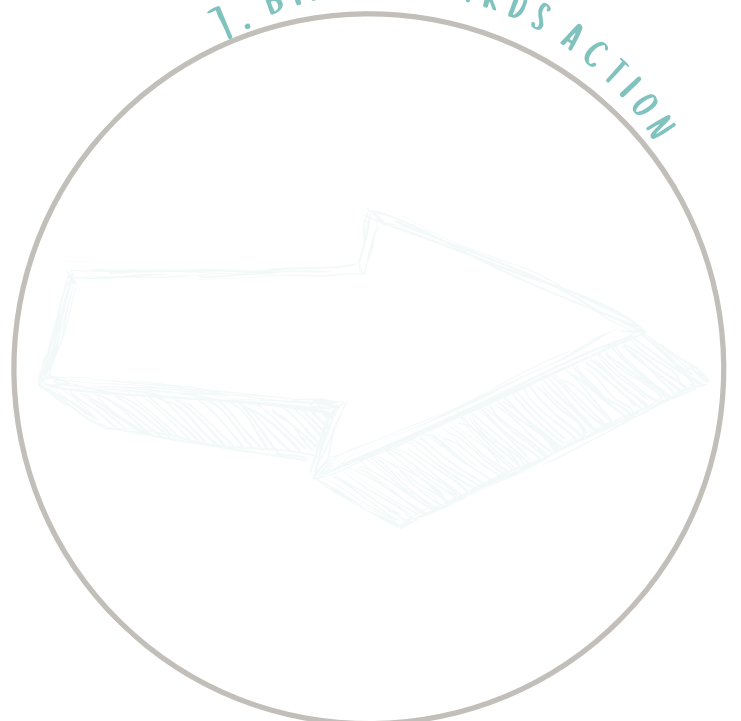
5. EMBRACE FAILURE



6. TAKE RISKS



7. BIAS TOWARDS ACTION



HELLO, I AM DR. ABIGAIL




I work with busy professional women who can't figure out how to move from stuck to action. They are looking to leap off that hamster wheel and ground themselves in a way of living life that has them glowing up over and over again. I give them the tools to have more confidence in solving their problems and take charge of designing their lives while sprinkling in a lot of play, joy, and wonder.



YOU ARE READY TO GLOW UP AND BE SEEN
IN THE WORLD FOR WHO YOU TRULY ARE.



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"You are more than enough and always will be. It is your time to shine. It's time to glow up."
