



**THE
HERO
MINDSET**

DELTA INTERNATIONAL: THE HERO MINDSET WORKBOOK

KEVIN REMPEL & ASSOCIATES INC.

TRAINING AND DEVELOPMENT SERVICES

Dear friend,

I hope you are doing well!

It is my hope that after you heard my story about adopting **The Hero Mindset**, that you choose to carry forward in your life these lessons and key principles that I have lived to help so many others like yourself ***become a hero in their own story.***

Living **The Hero Mindset** day to day is not always an easy task.

I have my days as well where I get stuck wanting to blame someone or something else for my circumstances, however, it's not about being perfect all the time, but by practicing persistent disciplined effort that we can continue to **focus on small things that make a big difference.**

In the following worksheets, you will go through a series of exercises to reflect on three key principles to help bring awareness to your thoughts so that you can begin to take control over those thoughts and move forward in the direction you desire.

These tools and strategies can be used for both your personal and your professional life as they are very simple and completely interchangeable.

If at any time you find yourself getting stuck in understanding how to do an exercise, or if you simply have a question, I encourage you to please reach out to me directly at kevin@kevinrempel.com and I will be happy to assist.

Though life will continue to be filled with ups and downs, remember when you focus on small things that make a big difference, ***you too can become a hero in your own story!***



You Can't Blame a Tree

The first key principle of The Hero Mindset is to **Accept Responsibility**.

Do you remember the story about my dad falling from the tree? He kept saying the same three things which were "The branch shouldn't have broke.", "It's not my fault." and "It's not fair."

The lesson is, **"You may not be responsible for what's happened to you, but you are always responsible for what you do about it. You can't blame a tree"**.

Steps:

1. Under "No Control", fill in below something that is frustrating or discouraging you.
2. Then ask yourself, **"What are you focused on?"**, and take a moment to think about that.
3. Ask yourself, **"What do I have control over in this situation?"**. Write that in the "Control" column and focus on that.

No Control	Control
Colleagues speaking negatively in office	My attitude, decisions, habits, choices
Business demands	Communication, setting boundaries
Clients not responding	Ensuring disciplined follow-up
External market conditions	Educating myself on what is happening



One Toe at a Time

The second key principle of The Hero Mindset is to break your goals down into small, simple steps, and take things ***“One toe, or one step at a time”***.

1. Begin by consolidating your To Do list. Write down all of the things you would like to accomplish in the first column.
2. Next, ask yourself ***“What is not important on this list that I can remove completely? What do I need to let go of?”***. Draw a line through these tasks
3. Looking at what’s remaining on your To Do list, ask yourself ***“What are my “Top 3” priorities?”*** and move those over to your Should Do list.
4. Looking at your Should Do list, ask yourself the focusing question *(by Gary Keller)*, ***“What’s the ONE THING such that by doing that, everything else will become easier or unnecessary?”***.
5. Move that ONE THING over to your Will Do list and continue to repeat this process when you need to determine your next right step.

To Do	Should Do	Will Do



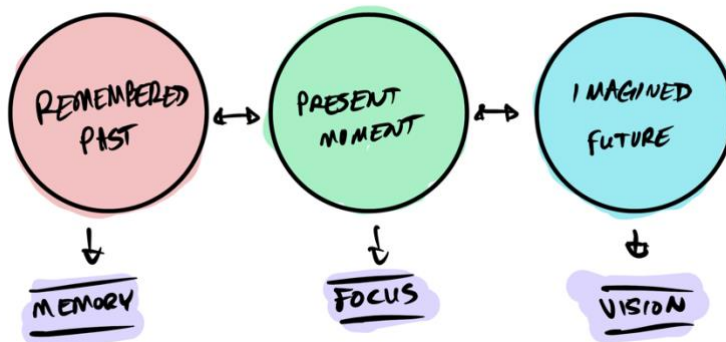
Leave the Crash Behind

The third key principle of The Hero Mindset is to **Leave the Crash Behind**. After a setback or perhaps a tragic event, it's easy for your mind to get stuck on "What once was", "What used to be", or "What could have or should have happened". When you allow your mind to go there, you end up "stuck".

The key to moving forward is to **shift your mindset to envision a future filled with possibilities while continuing to stay focused on what you can control in the present moment.**

Take a moment to reflect on the model below. Under which area do you see your thoughts falling under? Fill in the chart below and self-identify where your mind goes when feeling stressed, worried, or concerned.

Ask yourself, "What do I need to let go of?" and "How can I shift my mindset to be more focused in the present while imagining a brighter future?"



Remembered Past	Present Moment	Imagined Future
Working in-office full time	Patience while navigating change	Enjoying a hybrid work model
My career/role	Communicating my challenges to others with empathy	Thriving in a better leadership position

You may also enjoy reading: [3 Mindset Shifts to Make When Thinking About The Future of Work](#)



About Kevin Rempel

Kevin Rempel is a 2014 Paralympic bronze medalist in sledge hockey.

After being paralyzed at the age of 23, Kevin not only learned how to walk again, but overcome the mental battle of both depression and living with a disability to rebuild his life, and eventually reach the Paralympic podium in sledge hockey.



Kevin is an expert in change management, mental health, and resilience, delivering keynotes and workshops derived from his signature keynote on [The Hero Mindset](#), which is about focusing on small things that make a big difference to help you, too, become a hero in your own movie.

In addition to corporate presentations, Kevin is also an executive coach using strategies from The Hero Mindset Blueprint to help leaders cultivate confidence, adopt healthy and predictable patterns while accepting radical responsibility to cultivate a confident and empowered mindset to help them and their team drive results and embrace change.

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