

Global Mindset Self-Reflection Worksheet

1. Think of a recent global or cross-cultural interaction. What assumptions did you bring into the conversation?
2. What surprised you or challenged your perspective during the interaction?
3. How did your communication style align (or not) with the other person's expectations?
4. In what ways did cultural values (e.g., time, hierarchy, directness) show up in that interaction?
5. How might you adapt your approach to increase your influence in similar situations?
6. What one habit could you build to grow your global mindset? (e.g., ask more questions, research a culture, pause and reflect)
7. Who in your network could help you see cultural blind spots or coach you in cultural awareness?