

Adopt A Growth Mindset

Adopting a growth mindset means we not only cope better but actively look for opportunities for learning and growth (Dweck, 2017).

Ask yourself, what do I have to do to maintain growth?

Move to a growth mindset by replacing your observed behavior and thoughts in the left-hand column with thinking from the right-hand column.

Review the examples below, and add new examples of a fixed mindset you observe in yourself and what you can do to change to a growth mindset.

Replace this fixed mindset thinking with..	Growth mindset thinking
Avoid challenge	Embrace challenge
Be defensive and give up easily	Persist despite setbacks
Effort is worthless and fruitless	Effort is the path to mastery
Ignore all negative feedback	Learn from all criticism
Feel threatened by the success of others	Be inspired, and learn from other's success
Add new ones below...	

Fixed mindset thinking (1st column) results in never reaching potential, even if you could do more.

Growth mindset thinking (2nd column) leads to greater achievement and belief in your abilities.

References

- Dweck, C. S. (2017). *Mindset*. London: Robinson.

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