

YOUR MINDSET

WHAT?

How do we learn and what makes us who we are? Research shows that with effort you can train your brain to get smarter due to its neuroplasticity and that mindsets play a crucial role in whether people succeed or not. Belief about our ability affects the decisions we make related to how we learn. A **fixed mindset** believes that our intelligence is a fixed trait whereas a **growth mindset** sees intelligence as something that can be trained.

Having a growth mindset seems to be the foundation for learning. Modern companies look for employees with a **growth mindset** because they **solve problems** and persist despite obstacles.

WHY?

A growth mindset has been seen to enhance success, confidence, and overall happiness. However, you're not just one mindset or the other. It is a spectrum. The key is to identify where you are on the spectrum and the cause of that mindset. Is it our **beliefs** or is it our **focus**? Both beliefs and focus can be changed. Actions come from mindsets.

Embrace challenges, persist in the face of setbacks, see effort as the path to mastery, learn from criticism, find lessons and inspiration in the success of others.

HOW?

3 key steps:

1. **Intention:** Set goals and be clear about what you want to become successful in (write down your goals in detail)
2. **Visualization:** Visualize how you will feel when you achieve your goals
3. **Action:** Act every day towards these goals



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Which new thoughts and goals can you set for yourself? Write them down here:

Each day consider: What are the opportunities for learning and growth today? For myself? And for the people around me?

Think of opportunities and form a plan by asking: When, where, and how will I embark on my plan?

Then ask: When, where, and how will I act on my new plan?

When you succeed, ask yourself: What do I have to do to maintain and continue to grow?

"Change can be tough, but I've never heard anyone say it wasn't worth it."

- Carol S. Dweck