

DEVELOPING A GROWTH MINDSET

Change your internal monologue from one of judgement to a growth-oriented one...

FIXED MINDSET

Having a fixed mindset can inhibit your ability to achieve your potential as you might be too busy trying to look smart.

Some behaviours you might identify with - avoid challenges, get defensive, give up easily, ignore useful negative feedback & feel threatened by others.



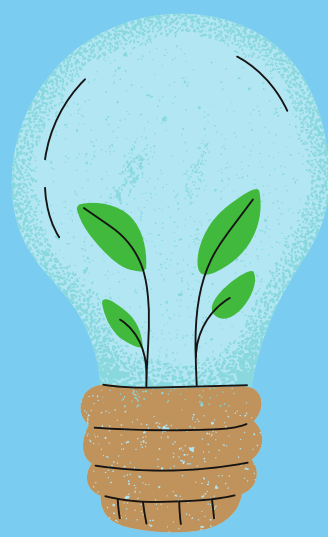
GROWTH MINDSET

Whereas, if you have a desire to learn and a growth mindset, this enables you to have higher levels of achievement.

You learn and grow by embracing challenges, persisting in the face of setbacks, learning from criticism & finding inspiration in others.

DEVELOPING A GROWTH MINDSET

1. Accept that we all have both mindsets;
2. Learn to recognise what triggers your fixed mindset - failure, criticism, deadlines, disagreements;
3. Give your fixed mindset a persona name, what does it make you THINK, FEEL & DO? How does it affect those around you? Acknowledge it;
4. Learn how to remain in a growth mindset, despite triggers, and keep your persona calm.



REFLECTIVE Q'S

- Q. What are my opportunities for learning & growth today?
For myself & those around me?
- Q. When, where & how will I embark on my plan?
- Q. What do I have to do to maintain & continue the growth?