

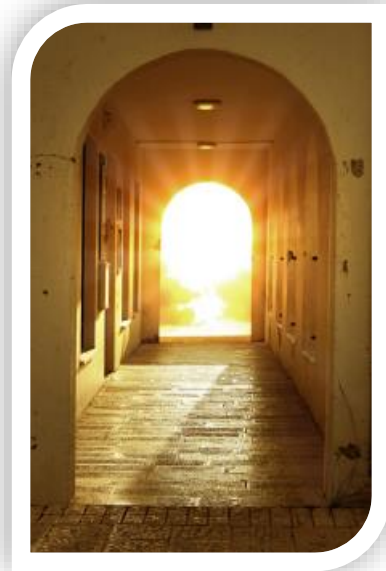


MINDSET MATTERS!

The Two Basic Mindsets That Form Our Lives



FIXED
&
GROWTH



*(from the research and work of
Stanford psychologist Carol Dweck, synthesized in her book,
Mindset: The New Psychology of Success*

These two mindsets reflect what modern psychology knows about how belief systems about our own abilities and potential fuel our behavior and, predict our success.

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Fixed Mindset-Assumes that our character, intelligence, and creative ability are static. These things can't change in any meaningful way, and success is the affirmation of that inherent intelligence, and assessment of how those things measure up against an equally fixed standard; striving for success and avoiding failure at all cost become a way of maintaining the sense of being smart or skilled.

Growth Mindset-Thrives on challenges and sees failure not as evidence of unintelligence but as a springboard for growth and for stretching our existing abilities.

Two completely different views of failure

- In one world, failure is about having a setback. Getting a bad grade. Losing a tournament. Getting tired. Getting rejected. It means you're not smart or talented.
- In another world, failure is about not growing. Not reaching for the things you value. It means you're not fulfilling your potential.

Enlightening Research and Findings

Study:

One group of adolescent students were told,

- "Wow, you got X many right. That is a really good score. YOU MUST BE SMART AT THIS."

Another group was told-

- "Wow you got X many right. That is really a good score. YOUR MUST HAVE WORKED REALLY HARD."

What is being rewarded here?

Findings:

- The ability praise pushed students right into the fixed mindset. When they were given the choice, they rejected a challenging new task that they could learn from. They didn't want to do anything that could expose their flaws and call into question their talent.
"If success had meant they were intelligent, then less-than-success meant they were deficient." ~Carol Dweck

In contrast.....

- When the students were praised for effort, 90 percent of them wanted the challenging new task that they could learn from.

This illustrates the key differences between the two mindsets—for those with a growth one, personal success is when you work your hardest to become your best, whereas for those with a fixed mindset, success is about establishing their superiority. For the fixed mindset setbacks are a sentence and a label. For the growth mindset, setbacks are motivating and informative input.



What mindset do you feel you work with the most? And why? *Hint: Look at your decision-making process, 1, are you curious and open to explore possibilities or, 2, do you feel you need to make the right choice quickly?*



Where and how could you benefit from fostering a growth mindset



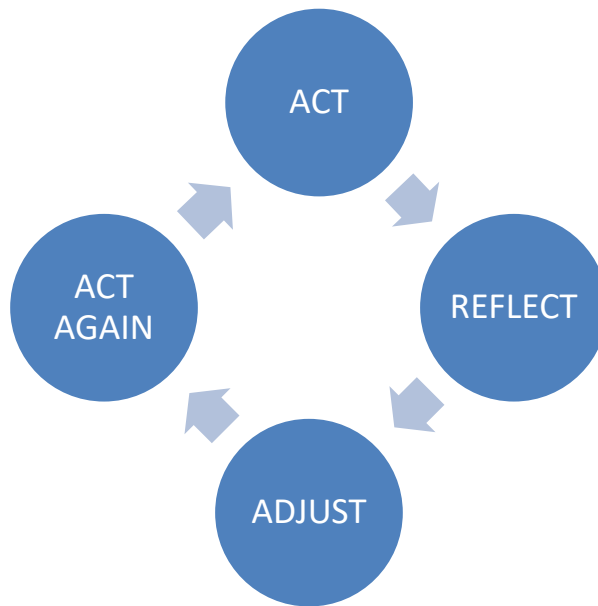
• What do you feel the challenges of a growth mindset are?



• How will you address these challenges?

THE PATH OF A CHAMPION

A guide to build your GROW MINDSET



THE PATH OF A CHAMPION is a whole person formula, this means your beliefs and emotions are part of the process. Unmanaged expectations, disappointments, and shame need to be reflected upon and adjusted as much as your physical body does!



How can you utilize the PATH OF A CHAMPION formula to help you build a growth mindset?