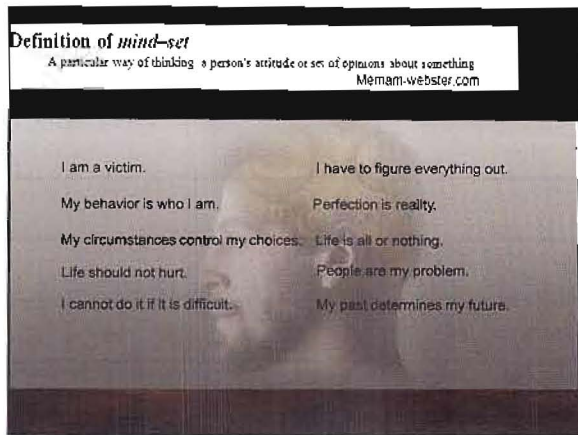
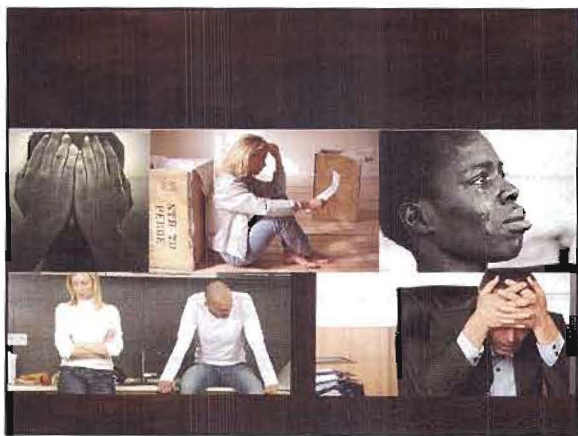



Definition of *mind-set*
A particular way of thinking a person's attitude or set of opinions about something
Memami-webster.com

I am a victim.	I have to figure everything out.
My behavior is who I am.	Perfection is reality.
My circumstances control my choices.	Life is all or nothing.
Life should not hurt.	People are my problem.
I cannot do it if it is difficult.	My past determines my future.





What differentiates the people who succeed in life in spite of struggling with these mindsets as opposed to those who go under them?




Fixed vs. Growth Mindset

Carol Dweck

I believe that my [Intelligence, Personality, Character] is inherent and static. Locked-down or fixed. My potential is determined at birth. It doesn't change.

I believe that my [Intelligence, Personality, Character] can be continuously developed. My true potential is unknown and unknowable.




Which are you?



- Avoid failure
- Desire to look smart
- Avoid challenges
- Stick to what they know
- Feedback and criticism is personal
- They do not change or improve

- Desire continuous learning
- Confront uncertainties
- Embrace challenges
- Not afraid to fail
- Invests effort in the learning process
- Sees feedback as valuable




What can I say to myself?

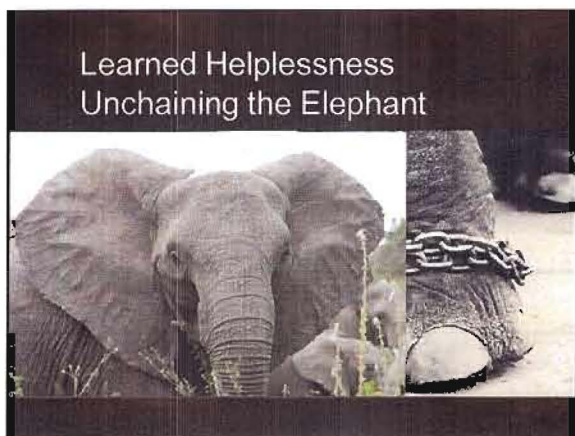
Instead of:	Try thinking:
<ul style="list-style-type: none">I'm not good at this.I'm awesome at this.I give up.	<ul style="list-style-type: none">What am I missing?I'm on the right track.I'll use some of the strategies I have learned.
<ul style="list-style-type: none">This is too hard.I can't make this any better.	<ul style="list-style-type: none">This may take some time and effort.I can always improve so I will keep trying.
<ul style="list-style-type: none">I just can't do math.I made a mistake.It's good enough.Plan A did not work.	<ul style="list-style-type: none">I'm going to train my brain to do math.Mistakes help me to learn better.Is this really my best work?Good thing the alphabet has 25 more letters!

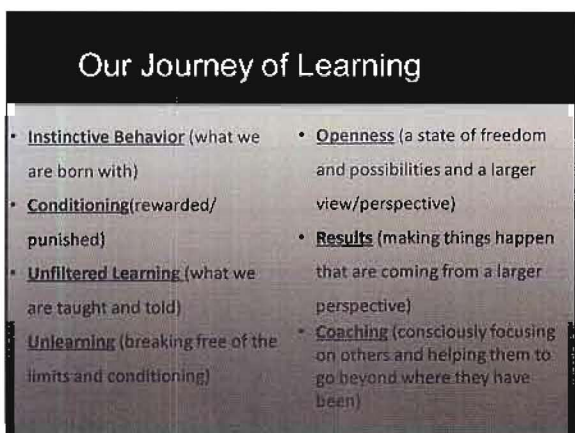
Adopting a Growth Mindset

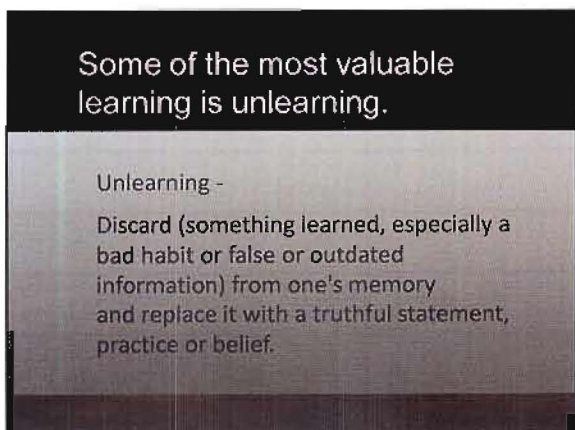
- Identify areas where your mindset is fixed. (Mental Inventory)
- Write down a growth mindset to replace it. (Positive Exchange)
- Understand that changing your mindset is a process.



A growth mindset equips us to take on our self limiting beliefs.








Practical Steps for Successful Unlearning

1. Identify the false beliefs that are holding you back. (Mindset Inventory)
2. Identify what makes these self-limiting beliefs false.
3. Replace the false belief with statements of truth. (Positive Exchange)

Practical Steps for Successful Unlearning

1. Identify the false beliefs that are holding you back. (Mindset Inventory)
I am powerless to change my life.
2. Identify what makes these self-limiting beliefs false.
I've seen other people change their lives. If they can do it, so can I!
3. Replace the false belief with statements of truth. (Positive Exchange)
I am powerful and able to change – or simply enjoy – my life. In my choices lies my greatest power. Anyone can make changes if they are brave enough to try.



Learn Unlearn Relearn

Life is all about perspective.

- The lens we choose determines our success.
- If we do not learn how to change our lens when we face challenges, we become trapped.
- There is always another right answer.

Our greatest weapon against self limiting beliefs is our ability to choose one thought over another.





