Growth Mindset

This soft skill refers to the ability to embrace challenges as opportunities for growth and improvements.

Fixed mindset

Hinders to Growth Mindset

* Fear of Failure

Fear of failure will prevent one from trying new things and challenges that would have contributed to development.

SOLUTION:

Do not stick to the binary ways of success and failure. Don’t think of failure as a measurement of intelligence; instead think of it as whole new learning that will improve your current skills and knowledge. Take a leap and try. If you fail, remember to stand up, learn from your mistakes, and try again. If you succeed, look for new things and challenge your current self to upgrade to a better you.

* Comfort zone

In the industry, you will not reach higher endeavors if you always stay in your comfort zone. Recursively doing the same thing over and over again, being content in what you already know and comfortable with, is a waste of opportunities.

SOLUTION:

Expand your comfort zone. Avoid limiting thoughts that will hold you back. Make some efforts and try your best in everything that you do in order to grow and develop.

In the industry, you will not reach higher endeavors if you stay in your comfort zone. Doing the same thing over and over again, because you are afraid that you might fail if you try something new.

“Expand your comfort zone”

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“Do not run away from the wave,