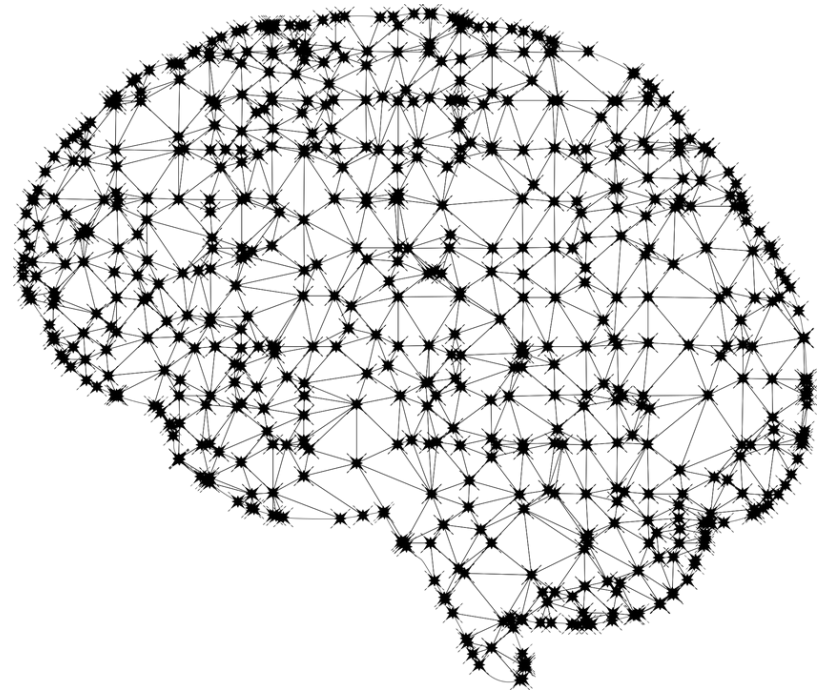


Agile Mindset

What Is Mindset?

Mindset is a collection of thoughts and beliefs that shape thought habits. And your thought habits affect how one thinks, what one feels, and what one does.

So, it is a way of thinking about things that those in a group share or have in common to the point that it becomes a way of life.



Why does Mindset matter?

What do people that consistently perform at their peak have in common? It's not a certain ability, it's not a specific skill, it's not even knowledge. It's a mindset, and to be precise, a growth mindset.

The idea of mindsets was discovered and popularized by [Carol Dweck](#), a world-renowned psychologist from Stanford University.

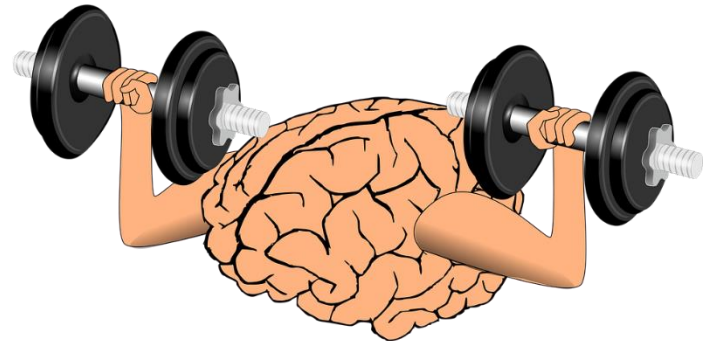
Those with a fixed mindset believe that their skills and abilities cannot change. Those with a growth mindset believe that their ability can be developed through effort. The belief that people hold influences behavior and success.

Here are a couple of videos to learn more about growth and fixed mindsets:

- **Video:** [Growth Mindset vs Fixed Mindset: An Introduction](#) – 2:40mins
- **Article:** [The Mindset](#)

(Right click on the links and open in a new tab/window)

It's all in the mind-set!



Develop a growth mindset for success

Mindset at work – Becoming agile

Now that you have learnt about fixed and growth mindsets and also how to rewire your brain, you may be wondering how does this apply to work.

In today's dynamic world the problems are complex, time is critical and mistakes are costly. It is not feasible to make elaborate plans or run multiple tests to design fool proof solutions.

- **Article:** [Agility: mindset makeovers are critical](#)

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What Exactly is the Agile Mindset?

Learning how to consciously approach every task at hand with an agile mindset, gives individuals and organizations an ability to foresee problems and provide solutions in an incremental fashion.

Adopting agile way of thinking in today's dynamic, volatile work environment is expected. But what is agile? How do you adopt an agile mindset in order to pursue an agile career? Check out the articles and video to know more on how develop an Agile mindset.

Articles

- [What Is an Agile Mindset?](#)
- [Embracing Agile](#)
- [What Does It Mean to Have an Agile Mindset?](#)

Video

- [Mental model for the agile mindset](#) - 3.5 minutes

(Right click on the links and open in a new tab/window)



Attributes for developing an Agile Mindset

