

Cultivating a growth mindset

⚠ fixed mindset

- never succeed
- always have flaws
- unable to highlight strengths

⚠ growth mindset

- learning experience
- opportunity for practice
- chance to develop

⚠ fixed mindset believes that skills and abilities are fixed and won't change & develop over time

⚠ growth mindset sees obstacles as opportunities

⚠ success = talent + practice

↳ rely only on talent is a trap

⚠ How to enhance your performance in the future

- expand your knowledge
- broaden your skills
- test new approaches
- review progress
- make tweaks

⚠ How is experimental process

- get clear on what you're testing
- set a review process
- consider how you can refine a process
- plan how you'll repeat that review process

⚠ what is optimistic and realistic approach

- stretch yourself
- believe in your ability
- use a systematic approach

⚠ How to create opportunities

- create your vision
- create your mission statement
- set clear goals that will help you to reach your vision
- detail what you'll do to make these a reality
- determine how to measure success

⚠ How to create a flexible thinking style?

- acceptance
- clear goals, flexible plan
- perspective switching
- competing demands

⚠ your beliefs dictate your mindset

⚠ signs of growth mindset

- challenges as learning experiences
- develop skills or knowledge

⚠ reflection topics

- Purpose
- what you've learned
- being present
- appreciating the journey

⚠ learning is about exploring and testing new ideas. It differs from studying

⚠ How to consider your past

- can you accept past events?
- can you learn from the past?
- can you accept past mistakes?

⚠ How to consider your present

- do you plan how to develop a growth mindset?
- do you reflect on challenges?
- do you focus on the present?

⚠ How to consider the future?

- ↳ how optimistic are you?
- ↳ how good are you at setting goals?
- ↳ do you believe you can learn new skills?

⚠ Plan what you're going to do in 5-10 future years

- ↳ enjoy the journey, plan for challenges

⚠ Routine gives us a sense of control

⚠ How to deal with changeable landscape

- ↳ accept the change and any discomfort
- ↳ understand where the discomfort comes from
- ↳ choose to be optimistic
- ↳ seek support
- ↳ communicate throughout the process