

# Student Type – Unchained

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## Overview

*The following report is simplified and derived from the full report available for members on the iCanStudy program.*

Unchained learners are often mindset-restricted. They are characteristically afraid of failure and can feel a sense of insecurity at not achieving perfect outcomes. While this can actually drive high achievement in some, it is more often a limitation of how someone can grow and improve. It is also detrimental to mental health.

By overcoming this fixed mindset, they flourish and become 'unchained'. Over weeks, committing to consistent experimentation will recondition the brain's response to failure. This represents a transformation in thinking. However, the tumultuous early period of discomfort is unavoidable as old mindsets must be challenged and confronted in order to transform.

## Expectations

Fixed mindsets around failure typically develop over years or even decades. As a result, most people in the general public take years or decades to change their mindsets (if ever).

Phenomenally, Unchained learners in our program have managed to push through from mindset-restricted to Unchained within just 6 months! This is achieved through a novel combination of practice and experimentation methods interspersed in our program.

## Unchained Profile

<b>Features</b>	Aversion to experimentation: Fear of failure causes avoidance of growth. This can also occur alongside anxiety, especially around performance and stressors.
<b>Advantages</b>	Greatest proportionate growth and improvement potential of any archetype.



## Recommendations

Follow these recommendations to unlock your potential and become 'unchained'.

### Fail fast and fail safe

Mistakes are how we learn about the effectiveness of our processes. The faster we identify and overcome mistakes, the faster we can achieve our goals.

While we may want to avoid mistakes, we must remind ourselves we are simply delaying them. Without improving our processes, we cannot overcome mistakes. Without mistakes, we cannot improve our processes. Therefore, delaying mistakes only delays our success (while increasing the consequence of failure). We recommend you experiment early and frequently when the risks are not high. Over time, your brain will retrain itself to no longer fear making mistakes.

### Celebrate the wins

What you celebrate affects your motivation and psychology. On the journey to learn new skills, there will always be more mistakes than successes. However, each mistake is a sign of progress. It shows that you are now aware of a mistake you previously did not know about. Celebrate discovering new mistakes and acknowledge that you are now one step closer to mastery.

*"Enjoy failure and learn from it. You never learn from success" – quote by James Dyson, founder of Dyson Vacuum Cleaners, a \$40 billion company. James Dyson created 5127 prototypes before achieving his first successful design.*

### Be clear about what you can control

We must recognise that achieving an outcome means we need the right processes. Obsessing about an outcome can be paralysing because it puts our mind in a fear-response mode. We start thinking, 'To achieve the best result, I must never make mistakes'. Ultimately, this is not helpful. The more we care about an outcome, the more we should obsess over the process: 'To achieve the best result, I must have the best process'.

*There are many things that could go wrong. Instead of spending time worrying about 'what if's', focus on your processes. This ensures that your time and effort are invested in giving yourself the best chance to overcome those obstacles and achieve your desired outcome.*

