

Growth Mindset 2.0

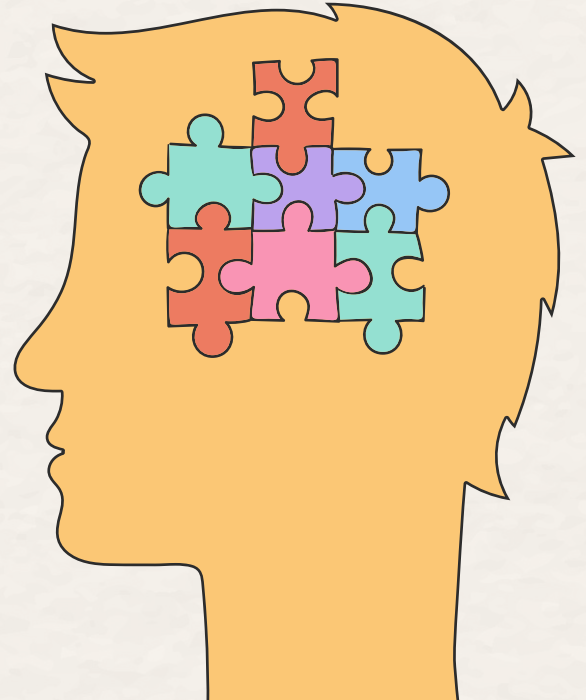
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01

Growth Mindset:

The belief that your abilities or your potential in some domain can change, under the right conditions and right support



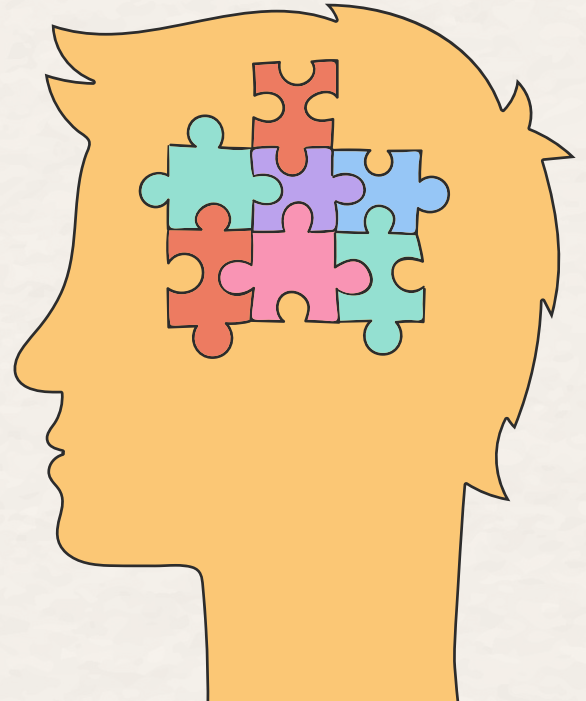


**What holds
people back from
a growth
mindset?**

02

Fixed Mindset:

You believe your abilities, talents, intelligence or personality traits are given and unchangeable



Cognitive Dissonance

Discomfort a person feels when their behavior does not align with their values or beliefs



Cognitive Dissonance

- Feelings of guilt
- Shame or embarrassment
- Justification or rationalization
- Doing something out of social pressure over true interest

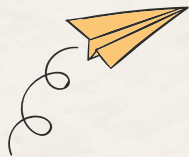




STRESSSS
SSSSSSSS

new narrative





01

Challenges

02

Stress

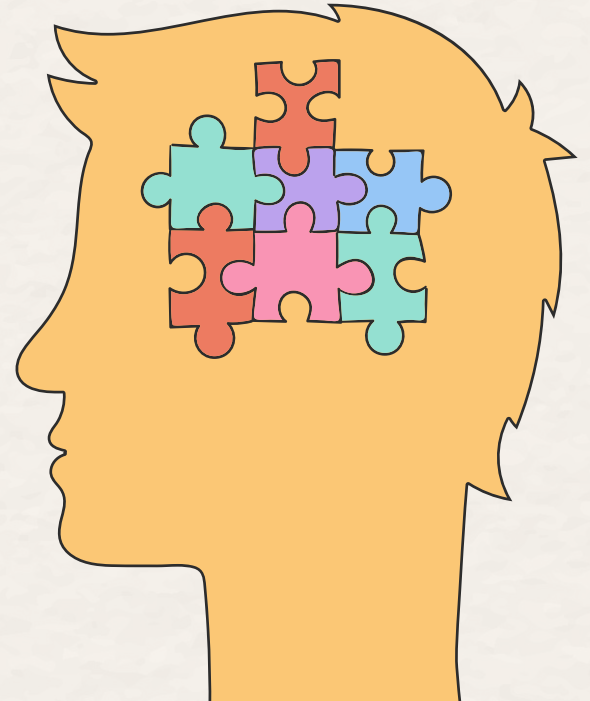
03

Identity



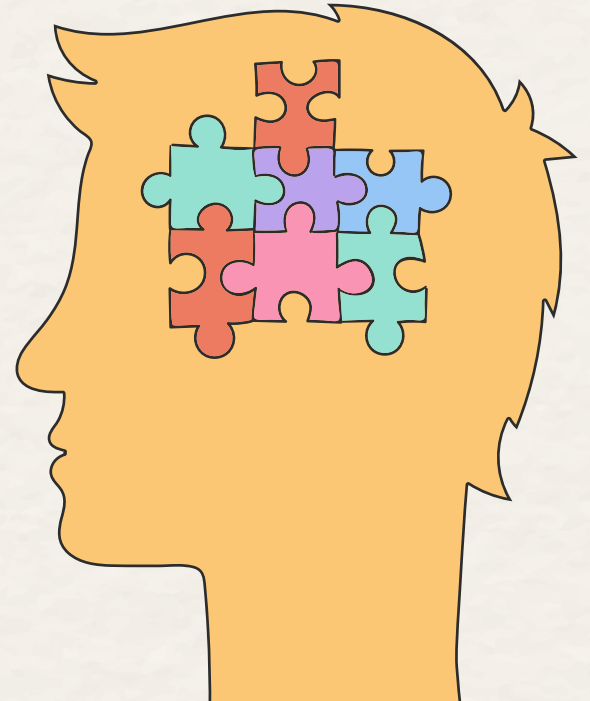
01

Challenges



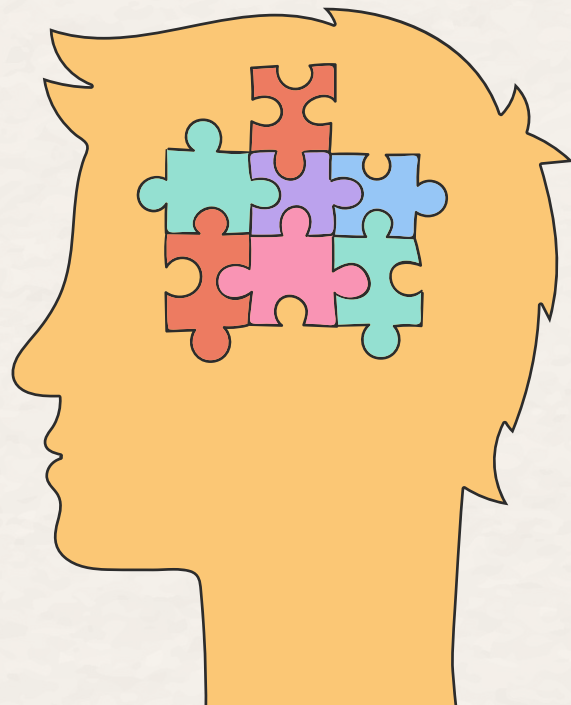
02

Stress



03

Identity





I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Galatians 2:20 (ESV)





And I am sure of this, that he who began
a good work in you will bring it to
completion at the day of Jesus Christ.

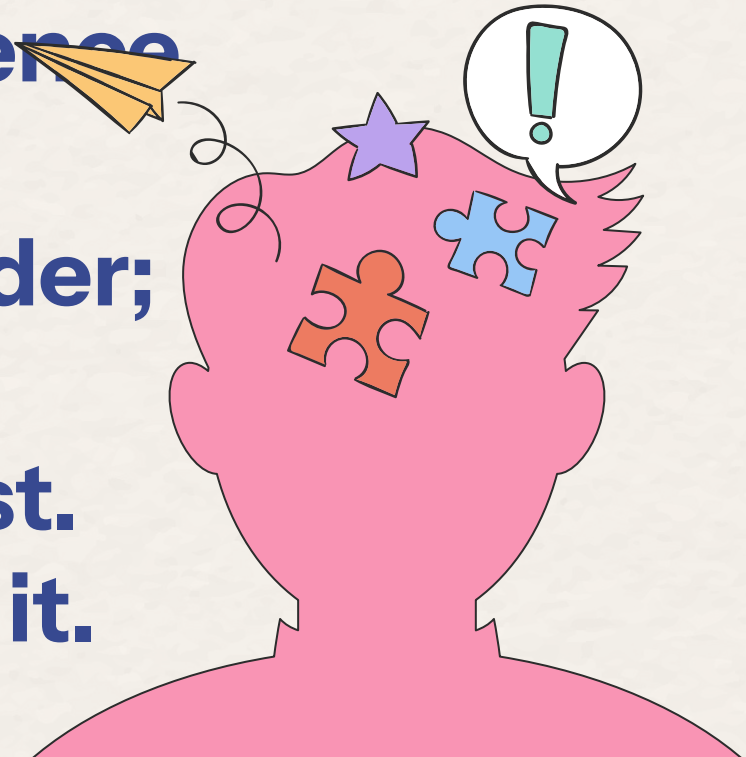
Philippians 1:6 (ESV)





**“Remember
to surrender”**

**Redefine the “stress”
moments we experience
as an opportunity to
remember to surrender;
to give your entire
dependence to Christ.
Your life depends on it.**





The Discipline of Staying Down



Discussion Questions

1. When's a time you've experienced having a growth mindset?
2. What's an area of your life you have a "fixed-mindset" attitude toward?
3. How can you look to Jesus to present a new narrative in that area of your life?

