There is an old saying in Korea “Stagnant water is bound to corrupt”. Have you ever experienced a time when you feel lethargic and felt like a stagnant water? Some of you might wonder what the saying means. What the saying means is someone who refuses to progress is bound to regress. In psychology, there is a concept called progressive mindset and stagnative mindset, or growth mindset and fixed mindset. Progressive mindset is to commit and focus on achievements through regularly done practices and meeting your internal goal. Today I’d like to talk about how progressive mindsets can be practiced and the benefits that comes along with this concept. Progressive mindset can be practiced through maintaining healthy habits such as regular exercises, finding a hobby, and committing time to work towards your career path.

Regular exercises are a great way to enhance your progressive mindset, and it comes with great benefits. Going to the gym lifting heavy weights and training to get better is the most helpful, yet one-dimensional example of progressive mindset. Exercising with a set goal aligns with the fundamentals of progressive mindsets in a lot of ways. Body building for an example, you should be aiming to lift heavier weights or lift weights with more reps to achieve your goal. This not only enhances your endurance mentally and physically, but your body releases chemicals such as endorphins, serotonin, and dopamine which interacts with the receptors in your brain triggering a positive feeling in the body. In the study “Relationship between Development of growth mindset around fitness and exercise”, it shows great correlation between grit, work performance, and time management in people who practice progressive mindset through regular exercises.

Secondly, finding a hobby you can be competitive and improve on is a great way to practice progressive mindset. A lot of people get by their free time by reading, playing video games, playing sports, and substance usage; but there still are a large group of people that does not have a hobby. Hobby is very important as it can be a way to relieve your stress and it’s the easiest way to bring progressive mindset into your daily life. Important key here is the fact that you are regularly practicing and striving to be better. Study from San Francisco found that people who often engaged in a creative or active activity scored 15-30 percent higher on performance rankings.

Lastly, following the progressive mindset’s principal of regular practices makes studying a lot easier to manage. Studies show people can only stay focused during their studies for no longer than an hour and a half before taking a short break. Studies also show that 6 to 7 hours a day of studying is the most effective hours. By setting an internal goal of studying manageable number of hours per day can surely get you in a habbit of studying.

In conclusion, whole purpose of progressive mindset is to slowly make a difference in you through time management, practice, and executing plans. And there are a lot of complimentary benefits you can get from this concept on your way. Discipline is another name for progressive mindset. Will you be a stagnant water, or be disciplined?