



Week 2: Create Leadership Habits

Unit 4: Growth Mindset

Growth Mindset

How to Develop a Growth Mindset

'The view you adopt for yourself profoundly affects the way you lead your life'. Carol Dweck

- A “growth mindset,” as Carol Dweck calls it, is a tendency to believe that you can grow.
- A “fixed mindset” assumes that our character, intelligence, and creative ability are static givens which we can’t change in any meaningful way.
- Listen to your fixed mindset voice and challenge it.
- Recognize that you have a choice in how you interpret challenges, setbacks and criticism. Choose to view challenges as opportunities.
- Replace the word failing with the word learning.
- Value the process over the end result. Growth mindset people enjoy the journey.

Growth Mindset

How to Develop a Growth Mindset

- Become acutely aware of your many gifts and talents. Fully comprehend your key strengths.
- Actively seek feedback from others such as your closest friends, family members, boss and colleagues as they can offer slightly different views and give you an overall perspective on what to focus on and areas for development.
- Become a curious learner, learn something new everyday.
- Be tenacious, don't give up, be a dreamer.
- Engage new people, be inspired by others
- Be willing and committed to changing your most powerful beliefs to wake up to become a new, better version of yourself.

Thank you.

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