



# Building A Dangerous Mindset

## Key Takeaways

- 1 The Belief Spotlight
- 2 Growth Mindset & Internal Locus of Control
- 3 Attributing Cause To Effect
- 4 Nonlinear Growth Curves
- 5 The Compound Effect

## Quote:

“ A mindset is a self-perception or “self-theory” that people hold about themselves ”

— Dr. Carol Dweck

## Exercise

### Dangerous Mindset Assessment

1. Where in life am I limiting my results by believing more is not possible?

## Exercise

### Dangerous Mindset Assessment

2. What does thinking 10-100x bigger in these areas look like?

3. Where in life am I exhibiting a growth mindset and where am I exhibiting a fixed mindset?

## Exercise

### Dangerous Mindset Assessment

4. What behaviors am I currently failing to see as contributing to future results?

5. What current results am I failing to attribute to past behaviors?

## Exercise

### Dangerous Mindset Assessment

6. What activities with exponential growth am I expecting to see linear returns?

7. What activities with logarithmic growth am I expecting to see linear returns?

## Exercise

### Dangerous Mindset Assessment

8. What “easy to do, easy not to do” actions am I underestimating the power of?

## Glossary

**The Theory of Planned Behavior:** The Theory of Planned Behavior (TPB) started as the Theory of Reasoned Action in 1980 to predict an individual's intention to engage in a behavior at a specific time and place. The theory was intended to explain all behaviors over which people have the ability to exert self-control. The key component to this model is behavioral intent; behavioral intentions are influenced by the attitude about the likelihood that the behavior will have the expected outcome and the subjective evaluation of the risks and benefits of that outcome.

**Spotlight Of Belief:** Belief determines possible action which determines results.

**Fixed Mindset:** A "Fixed Mindset" assumes that one's character, intelligence, and creative ability are static givens.

**Growth Mindset:** A "Growth Mindset" thrives on challenge and sees failure not as evidence of unintelligence but as an inevitability on the path to growth.

**Locus of Control:** refers to what you believe you have control over in your life, internal means you believe you dictate and control the results and happenings in your life, if you have an external locus of control, you believe life happens to you.

**Self Efficacy:** Self-efficacy refers to an individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments (Bandura, 1977, 1986, 1997)

**Attributing Cause To Effect:** Attributing effects to previous causes ensures the progress you're making in your life will sufficiently reinforce your growth mindset, internal locus of control, and belief that you can do what you set out to do.

**Linearity Bias:** assumption that a change in one quantity produces a proportional change in another.

**Logarithmic growth:** Logarithmic growth curves increase quickly in the beginning, but the gains decrease and become more difficult as time goes on.

**Exponential Growth:** Exponential growth curves increase slowly in the beginning, but the gains increase rapidly and become easier as time goes on.

**The Compound Effect:** The compound effect is the idea that small actions build up over time.

## Notes



## Lesson Resources

1. [3 ways your beliefs can shape your reality](#) By Juliana Breines
2. [The theory of planned behavior](#) By Wayne W. LaMorte
3. [Mindset: The new psychology of success](#) By Dr. Carol Dweck
4. [Locus of control and your life](#) By Kendra Cherry
5. [Albert Bandura: Self-Efficacy for agentic positive psychology](#) By Uyanga Tugsbaatar
6. [Attribution Theory](#) by Saul McLeod
7. [Simple, Attractive, and Wrong: An introduction to linearity bias](#) By Will Goodrum
8. [The 2 Types of Growth: Which one of these growth curves are you following?](#) By James Clear
9. [Use the compound effect to change your business and life](#) by Chomwa Shikati
10. [The Neuroscience of Optimism](#) by Jordan Gaines Lewis
11. [Decades of Scientific Research that started a growth mindset revolution](#) by Carol Dweck
12. [Neuroanatomical correlates of the sense of control: Gray and white matter volumes associated with an internal locus of control](#) by Teruo Hashimoto
13. [Does a growth mindset matter for success?](#) By Michigan State University
14. [Where belief is born](#) By Alok Jha
15. [Belief formation – A driving force for brain evolution](#) by Rüdiger J. Seitz Hans-Ferdinand Angel
16. [3 Ways your beliefs can shape your reality](#) By Juliana Breines
17. [Changing the focus of locus \(of control\): A targeted review of the locus of control literature and agenda for future research](#) By Benjamin M. Galvin
19. [Locus of control](#) by JannicaHeinström