Mindset Synopsis

The ideas of Mindset helped articulate a problem I have noticed in my personal development. While the results of my self-assessment marked me as a “Mostly Growth Mindset” I scored on the Growth side in only 4 out of 7 questions. I related strongly to the Fixed Mindset in many areas, particularly when it discussed how we keep a running account of our life experiences. My internal dialogue often tends toward that of the fixed mindset, constantly judging whether I am good enough or if I have proven myself. The Mindset readings and exercises have helped me realize that I need to change my internal dialogue.

The Growth Mindset offers the tools and vocabulary needed to turn the most challenging events and circumstances into learning opportunities. When faced with an undesirable outcome I can choose to focus on my perceived inadequacies, or I can strive to learn from the experience to improve future outcomes. I think training myself to adopt a Growth Mindset can help eliminate some of the fear of failure that has thwarted my pursuit of my dreams. We need not fear failure if we accept it as an essential step in our process of learning.