

Growth Mindset

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The Door to Achieving More

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Introduction

Congratulations on purchasing “Growth Mindset: The Door to Achieving More”! In purchasing this book, you are setting yourself up for not only learning about the science behind a growth mindset, but also the benefits behinds growth mindset, and how you can develop your own!

This book combines the scientific theory of growth mindset with the evidence that exists. It then takes practical applications and makes them available to you so that you can begin developing your very own growth mindset and reaping the rewards of it right away!

Unlike other books which are primarily focused on theory or generic application, this book is designed to ensure that you get the most out of your own growth mindset. You will be guided through the important steps of understanding what growth mindset is, exactly, and what is required to develop your own. By the end, you should have a strong understanding of growth mindset, and what is required to experience your own incredible growth.

If you are ready to begin transforming your mind, developing your growth mindset, and experiencing massive and incredible shifts in your life, then you have come to the right place! Please, take your time and enjoy each chapter as you are guided through this journey. It is important to understand that, as with all changes, transforming your mindset and developing growth mindset takes time. Please have patience and give yourself the time required to experience great success with this shift. In the end, you will be grateful for the transformation that takes place!

Chapter 1: The Science of Growth Mindset

A common misconception is that the theory of mindset is just that: a theory. As everyone seeks to self-help titles and topics to assist them in their personal growth, many find themselves lost among all of the different pieces of information floating around. This has resulted in many people not having a strong idea on what growth mindset truly is or about the proof that it genuinely exists. Many don't even believe that this theory has any truth behind it based on a lot of misinformation that is mixed in with the facts.

The fortunate truth is that mindset actually does have very strong scientific roots, and you can use these as evidence that any work you do towards your mindset will hold great power in your ability to have a growth mindset. The rest of this chapter is going to explain the scientific roots of growth mindset, and why this should matter to you.

Theory Founder

The theory of growth mindset was founded over 30 years ago by a lady named Carol Dweck. Alongside her colleagues, they became fascinated in understanding their students' attitudes surrounding the topic of "failure." They developed this interest after seeing two very different reactions to failure in their students: some rebounded and were empowered to do better, and others were devastated no matter how small or large the failure was perceived to be.

Fixed Mindset VS. Growth Mindset

Following many studies involving thousands of students, Carol Dweck coined two terms: fixed mindset and growth mindset. These terms are used to describe each person's underlying beliefs about intelligence and learning. Those who believe they can get smarter and understand that it takes effort and practice to get stronger with their skills are considered to have a "growth mindset." They tend to be more motivated to work harder, enjoy challenging lessons that help them learn more, and are interested in expanding their intelligence. They do not believe they have a single unchangeable level of intelligence, but rather that they can change and expand their intelligence over time, with practice. As a result, they are more likely to apply themselves, practice, and learn more, which results in them having expanded intelligence.

The alternative to growth mindset is fixed mindset. As you might expect, this type of mindset is the exact opposite to growth mindset. People who have a fixed mindset believe that they have a foundational or fixed level of intelligence that cannot be changed, no matter how hard they try. They are less likely to attempt

to learn new things because they do not think they can, and they are put off by challenge. They prefer things to be easy and like to have everything done perfectly. People with a fixed mindset tend to think that even minor failures have a terrible reflection of who they are, and they can be extremely devastated by them. This may be why they gravitate towards doing things they are already good at and refrain from learning anything new.

Neuroscientific Discoveries

Recently, there have been neuroscientific discoveries that support Carol Dweck and her colleague's theory. Neuroscientists have learned that the brain is significantly more malleable than previously known and that there is a direct correlation between experiences and neuron connectivity. We know that when someone practices something new, existing neural networks grow new connections. They also strengthen existing ones and build insulation around the connections which are responsible for speeding up the transmission of impulses.

What this translates to in layman's terms is that the more you practice something, the more your brain grows. Not only does it grow to accommodate for the new lessons and skills, but it also strengthens the existing ones. The more you practice new things, the healthier your brain's ability to develop new neural pathways is and therefore the easier it is for you to learn new things in the future.

There are specific "good habits" that can be practiced, which are responsible for helping to increase these neural pathways and strengthen the existing ones. Actions such as practicing, asking questions, and nourishing your body with healthy foods and adequate rest can all contribute to your ability to have a healthier brain that has a better growth mindset.

The Value of Growth Mindset

Alongside neuroscientific discoveries, many other researchers were beginning to understand more about growth mindset as well. They learned that there is a strong link between mindset and achievement. In other words, if you believe you can, you can. If you believe you cannot, you cannot. Those who believe they can learn new things, that their brain can grow, or that they can do any other number of things they desire often can. They find a way, and as a result, it happens. Alternatively, those who do not believe they can, do not. This is because they have a fixed mindset and therefore a decreased level of motivation and achievements.

You can see that it is extremely important for people to invest in having a growth mindset so that they can successfully achieve anything they set out to do.

Whether they want to increase their salaries, learn new skills, expand their brain capacity, or otherwise do something, those who have growth mindset will almost certainly be able to achieve it to some degree. Those who do not will never achieve what they desire to achieve in life.

When Does Growth Mindset Benefit You?

Growth mindset can benefit you in many numbers of situations. You can do virtually anything you set your mind out to do when you have a growth mindset. Simply based on the fact that you believe you can enable you to make things happen. You can learn to increase your financial wealth, learn new skills, learn new languages, expand your vocabulary, take up new hobbies, increase your physical well-being, increase your brain activity, and many other things when you adopt a growth mindset.

How Do You Get a Growth Mindset?

Regardless of what type of mindset you presently have, fixed mindset or growth mindset, you can certainly transition so that you have a growth mindset. Learning to develop a growth mindset takes time and practice, but with the proper application of techniques, adequate time and patience, and enough effort, you can have a growth mindset. Throughout this book, you will learn exactly how you can establish a growth mindset for yourself, and how you can maintain it as well. That is exactly what this book is designed for!

Growth mindset is a powerful mindset state and strategy that will help you accomplish virtually anything you set out to do in your life. There are many people who benefit from their growth mindset, no matter what stage they were in their life when they developed one. Whether you have had a growth mindset all along, or you are learning to have one now in adulthood, you can still benefit from growth mindset. It is never too late to learn about the values of growth mindset, and how you can use it to expand your quality of life and lead your best life possible.

Chapter 2: Truth Behind Growth Mindset

Growth mindset is a highly valuable tool that can be used to assist individuals in having greater results from their efforts towards personal growth. As you have learned in the previous chapter, there are many misconceptions floating around about growth mindset. Here, let's focus on what is true about growth mindset. Growth mindset is a valuable skill that can assist many people in having greater results from virtually anything they set out to accomplish, whether it be learning new skills, understanding new languages, or doing virtually anything else they desire to accomplish. This chapter will help you identify the truth about growth mindset and the differences between growth mindset and optimism or other mindset practices and behaviors.

Misconceptions

One of the biggest misconceptions about growth mindset is that it is the same thing as being open minded or flexible in your beliefs. This is untrue. Being open-minded, positive, and flexible in your beliefs is often the belief on what true growth mindset is, but this is actually called "false growth mindset" in the research community. This is essentially people who have an "I already have it, and I always have" attitude. What this means is that they have a fixed belief on their intelligence level, which is exactly what a fixed mindset is. They refuse to actually foster growth, so they delude themselves with these beliefs as an opportunity to believe that they are growing, when in reality they are not.

Being open-minded to other people's beliefs and new things is great, but it does not mean that you are actually learning anything. Furthermore, there is no way to ever have a truly complete growth mindset. It is virtually impossible, as we are all fixed in some way or another. It is important that you acknowledge this and embrace it, while still aspiring to experience growth anyway. This is the only way you can truly foster as much of a growth mindset as humanly possible, and reap the benefits that you are seeking from it.

Another misconception is that growth mindset is about praise and rewarded efforts. Unproductive efforts that are merely done for the reward or outcome is not considered to be growth mindset. Instead, it is effort put in merely for the reward at the end. True growth mindset has nothing to do with reward or outcome, rather it is based entirely on the learning and growing process itself. When you are invested in a growth mindset, you are invested in the process regardless of the outcome. While you may have a hope or idea for what outcome you desire, this is not entirely the purpose of your work. Instead, you are motivated to actually learn the process, and you want to retain as much

information as possible.

Many people such as teachers and bosses attempt to use growth mindset by showering their students or employees with rewards for a job well done. If the students or employees are not fostering a true growth mindset, they act with very little motivation or effort. Their motivation comes from the reward itself, and not the learning process. While this might motivate them to get their work done, it has not successfully encouraged them to foster a growth mindset.

Finally, mindset is a lot harder than “just do it.” You cannot simply “have” a growth mindset. You have to want one, and be willing to work for it. If you are not, you will never have a growth mindset. Growth mindset comes from being motivated to work and do well. If you are not motivated, you will not work and do well. You might get things done, but you will not successfully learn anything. You cannot simply “have” a growth mindset, you have to want one, and invest in having one. It is something that you have to work for on a regular basis, or you will never have one.

Positivity VS. Optimism

In order to truly understand what growth mindset is, it is important that we look at the difference between optimism and positivity. Although they may sound like the same thing to you, there are actually fundamental differences between the two. Understanding these will help you to understand why it is important to be optimistic as opposed to positive.

Positivity is essentially the act of being positive. The way it tends to be taught, it essentially requires you to ignore all things negative, uncomfortable, or otherwise non-beneficial to your ideal goal. Instead, you must focus solely on the positive things and let the rest “work itself out.”

Optimism is similar but allows you to actually regard the negative stuff. You are allowed to work through it, embrace it, and move forward in your life with the good and the bad. The benefit here, however, is that you choose to see the good in life. Even though you may be experiencing and working through bad parts, you are willing to actually embrace these parts and learn from them. You view them as a positive by allowing them to be lessons and tools in driving you forward, rather than obstacles and excuses that hold you back.

When you are fostering a growth mindset, it is important that you avoid attempting to be a positive-only person who refrains from recognizing their reality. This is not beneficial, and it does not help you in any way shape or form.

If you truly want to have a growth mindset, you will foster optimism. You will willingly embrace the hard and “bad” parts of life, and use them as an opportunity to learn so that you can do better. The key element is that you are using the opportunity to learn. Remember, growth mindset heavily focuses on learning, and one’s ability to continue learning. If you do not embrace this, you are going to struggle to embrace a true growth mindset. You have to understand the difference between the two and choose optimism over positivity.

True Growth Mindset

While positive outlooks, open-mindedness and rewarding yourself and others for a job well done can all be valuable attributes, they do not encompass what true growth mindset actually is.

Put simply, growth mindset is the mindset that accompanies the growth process within our brains. It is the mindset that we have when we believe that we can do things, so we do. This is the mindset that is required for us to actually take on activities and experiences that encourage us to experience genuine growth in our minds. This is the activity that triggers the growth, reinforcement, and priming of our neural pathways. It comes when we learn new skills, expand our abilities with existing skills, and otherwise engage in learning and activity.

It is not something we can “have,” but rather it is something we work towards. It is not something we can accomplish and keep, but rather a regular maintenance process that we continue to balance over time. Growth mindset is not something that comes easily. It is something we must be motivated to have, and therefore we invest in having it. We cannot skate by on unmotivated and unengaged actions and call it growth mindset because no growth is happening. It only occurs when we have motivated, engaged, and productive mindset strategies and actions that result in growth of the neural pathways that exist in our brains.

Understanding the truth about growth mindset as well as what actually constitutes as growth mindset will enable you to understand exactly how this trait can assist you in life. While you can certainly choose to foster a false sense of growth mindset if you desire, you should know that this has no true benefit for you or your brain and will result in you failing to reap any rewards from the effort you put towards your personal growth. True growth mindset takes effort, engagement, investment, and motivation to attain. Even then, you can never truly attain it. Instead, you will always be working towards it in a constant effort to increase your capacity for having a growth mindset.

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Chapter 3: Benefits of Growth Mindset

As you know, growth mindset can have many benefits in your life. From helping you earn the salary you desire, to helping you learn skills and other important things, growth mindset can help a lot. However, there are many more growth mindset benefits that you may not be aware of. Knowing these benefits can help you understand what you are working towards, and can also help motivate you to continue developing your growth mindset. Many valuable benefits come from growth mindset, so be sure to take your time and understand exactly what they are and what they mean for you.

Enjoy Life More

One of the greatest values of growth mindset is that you learn to enjoy life more. Those who have a fixed mindset tend to be very stressed, and tend to suffer from a desire to be perfect at everything. As a result, they may avoid learning new things and challenging themselves because they fear failure and the stress that comes alongside failure.

People with a growth mindset are not fearful of being bad at something because they see it as an opportunity to get better. Since they have a more optimistic view of the learning experience and are void of the symptoms of perfectionism and the stress that comes with it, they can better enjoy life. They are not afraid of wanting to learn new skills or try new things because they are not afraid of being “bad” at it. They know that everyone starts somewhere, and so they are willing to start at whatever level they are at. They do not suffer from the need to be good at everything, so they are willing to be bad at something until they get good at it.

Improved Self-Esteem and Self-Confidence

When people have a fixed mindset, they tend to also struggle with perfectionism. They are afraid to do anything wrong because they get embarrassed and feel like a failure as a result. Those who have a growth mindset are capable of understanding that perfectionism is not required and you are allowed to make mistakes. They see everything as an opportunity to learn and do better, and therefore they do not spend any time feeling embarrassed or silly for doing things wrong. Instead, they realize they are simply learning. This alleviates a lot of the stress and pressure that comes with perfectionism, making them more likely to have increased self-esteem and self-confidence.

Ability to Forgive

Those who have a growth mindset are more likely to understand that people,

including themselves, make mistakes. As a result, they have an easier time genuinely forgiving themselves and others for making mistakes. They see these as an opportunity to grow and do better, and therefore they are not worried about mistakes that are made. They do not harshly judge themselves or others for looking “silly” or “embarrassing themselves” by learning something new or doing something they are not good at. Instead, they are open and accepting of mistakes, and they forgive just as openly.

Realistic Perception of Reality

People who have a fixed mindset and struggle with perfectionism and the inability to make mistakes tend to believe that there is a reality where a human would never make any mistakes. This puts a lot of pressure on them and results in them having a twisted perception of reality. They essentially believe they must be superhuman to be accepted and loved by the people in their environment and in their reality.

Those who have a growth mindset understand that people make mistakes and there is no way around it. As a result, they are more willing to accept this reality and live on anyway. They are less likely to feel all of the pressure and need to be perfect, and instead, they are realistic about mistakes and life lessons. They know that no one expects them to be perfect, and therefore they live free of this illusion and pressure.

Increased Resilience

Once again, the lack of a need to be perfect means that people with a growth mindset have an extra benefit. They tend to experience significantly increased levels of resilience because they do not feel pressure to be perfect. As a result, they make a mistake, forgive themselves, and bounce back. They are the ones that are more likely to persist something, despite not being great at it from the start. They are willing to practice, make errors, and accept their errors. In the end, they tend to be much more successful with learning because they didn't discard the new skill from fear of failure or looking silly.

Regard Setbacks as Useful Lessons

Those who have a fixed mindset regard setbacks or failures as an obstacle that is impassable. They are fearful, they beat themselves up, and they get stuck behind these obstacles. They shrink for these obstacles. Those who have growth mindset, however, view these obstacles as lessons. They are genuinely interested in learning about how they can pass these obstacles and come out the other side doing better than ever before. They are more likely to see setbacks, failures, obstacles, and other hiccups in life as a lesson instead of a barrier.

Finding Joy in Processes

Those with a growth mindset find genuine joy in learning the processes of things and adapting to new conditions and challenges. They are interested in understanding how they can do better, and they truly engage and invest themselves in the learning process. They find everything from the setting of the goal to the actions taken and even the reward to be equally satisfying.

Those with a fixed mindset tend to put more emphasis on the goal and reward, and often fail to succeed because they are unwilling to do the things required to see the goals through. They are fearful of making a mistake, so they are fearful of the process. They do not invest themselves or engage in the process, so they do not learn anything new or experience achievements nearly as often as those with a growth mindset.

There are many powerful and positive benefits to having a growth mindset. Not only does it help increase your neural pathways and networks, but it also contributes to you leading a life that is genuinely happier, healthier, and more fulfilling. When you foster a growth mindset and consistently work towards it, you are more likely to find fulfillment in life, and your life is more likely to be enjoyable. There is less chance of you experiencing depression, high levels of stress, perfectionism, or other limiting beliefs and conditions because you are not limiting yourself through fixed mindset.

Chapter 4: Transforming Your Mindset

Before you really begin developing your growth mindset, you need to be prepared to transform your mindset. Dweck, the founder of the theory of growth mindset, always claimed that there were three “stages” for people: fixed mindset, transition, and growth mindset. Before you can really embrace the growth mindset, you need to enter the transitional period.

The transformational part of the process requires you to focus more on identifying your fixed mindset patterns than it does with specific behavioral changes. Before you can start focusing on specific changes, you have to identify what needs to be changed. You can do this by taking your time and understanding where your fixed mindset lies in your life, and how you can really identify it. This process does take some time, so you want to be slow and intentional with it.

While you are in the transformational process, there is one thing you must understand: your fixed mindset likely runs a lot deeper than it appears to on a surface level. There is likely something that brought you towards reading this book but understand the more you pay attention, the more you are going to notice your fixed mindset and all of the ways it has rooted itself in your life. Since this is likely the first time you are truly investing in a growth mindset, you have probably had a fixed mindset for many years. This means that the symptoms are likely to run much deeper than you anticipate they do. It is very important that you take your time on this step and that you do not rush it. The more you can identify your fixed mindset, the more success you will have to transform your mindset to a growth mindset.

Your Fixed Mindset Has a “Voice,” Listen to It

Believe it or not, your fixed mindset actually has a “voice.” This voice is the one that tells you there is no point, which encourages you to believe that you are not capable of growth and that ultimately voices the “personality” of a fixed mindset. It affirms the beliefs associated with a fixed mindset and asserts them to you at every possible opportunity. This voice is constantly looking for proof and evidence that your limiting beliefs are true and that you should avoid growth. It tends to be a very toxic and limiting voice and can lead to more than just a lack of motivation: it can also lead to a lack of self-esteem, a lack of confidence, an increased risk for anxiety and depression, and an increased base stress-level.

This voice likely speaks to you a lot more than you realize it does, so it is important that you take the time to identify when and where it is coming through.

The best way to do this part of the process is to have a journal or even a specific note on your phone that you add to. Each time you notice your fixed mindset voice speaking to you, go ahead and write it down. You want to write down what the limiting belief is, and what triggered you to have it.

Write down anything that comes up with it, even if it sounds unkind or false. For example, if it were to say something like “Of course that failed, you are never good at anything new so why bother? You are a failure, and now you look silly, too. You should be embarrassed.” Voicing this out loud to ourselves is painful, but we often fail to realize that even the internalized voice is painful. We have become so used to hearing it that we are numb to it. It can be embarrassing to admit that we have this voice, but this is the first step in fostering growth mindset. You have to be willing to identify the “problem” and be willing to put in the effort to genuinely learn about how you can improve this part of yourself.

Writing down the belief, what the voice said, and the trigger that caused this belief to go off can help you identify what is happening when you hear this voice speaking to you. The more you write this down, the more you are going to notice trends in the triggers. As well, the more aware you will become of this voice and the easier it will be to identify the deeper and less obvious triggers.

Take your time with this process. Ideally, you should let it last for at least a week. However, if you recall, the growth mindset is something we regularly work towards and not something we can actually attain. In the beginning, a week should be plenty to help you really identify this voice and start eliminating it. However, you need to be ready to continually assess this voice and work towards eliminating it from your life. The more you work on your growth mindset, the more you are going to hear this limiting voice. This cycle never ends, so do not expect to “finish” it during this process. Instead, sit with it long enough that you get a genuine understanding of the voice and how it affects you so that you can make a strong impact during your transformation from fixed mindset to growth mindset.

Make The Conscious Choice

The next part of the process is to consciously choose your growth mindset. After having a fixed mindset for so long, it can be easy to forget that you have the right to make a decision and that your decision holds validity and authority in your life. You are responsible for how you choose to interpret the experiences you have, including setbacks and challenges. Until now, you have chosen to criticize yourself and recognize them as inabilities and obstructions in your path. However, just as you always have, you have the choice to choose to see them as

opportunities and lessons instead.

If you want to have success in this transformation, you have to consciously choose to have a growth mindset. This does not mean you will never experience the symptoms of a fixed mindset again, it simply means that any time you notice these symptoms you are going to make a conscious effort to eliminate them and hone your growth mindset. You will see them as lessons and opportunities, instead of obstacles and limitations. This goes for everything else that may hold you back from achieving what you want to achieve. Instead of seeing anything that arises as an impassable barrier, you have to make the conscious choice to see it as a lesson and an opportunity to grow. Then, you have to willingly and consciously choose to take on the lesson and opportunity and embrace the learning process. This will ensure that you are truly fostering a growth mindset.

Listen to Your Growth Mindset “Voice”

Just like you have a fixed mindset voice, you also have a growth mindset voice. If you want to have success in transforming from fixed mindset to growth mindset, you have to start practicing listening to your growth mindset. This may be hard because you have been ignoring it for so long, but trust that it is in there.

The best way to really foster your growth mindset is to voice it intentionally. Since it has been unheard for so long, it may be so quiet that you cannot hear it at all. You need to choose it consciously, and furthermore, you need to use it to “talk back” to your fixed mindset. Every time you have a fixed mindset thought, allow the growth mindset thought to come through and use it to “correct” the fixed mindset thought. It might feel like you are talking to yourself at first, but the more you use this solution, the easier your transformation will be. This is the best way to acknowledge your fixed mindset and replace it with your new growth mindset.

Begin the Development Phase

Once you have successfully identified your fixed mindset and understand where it is coming from, you can start the developmental phase. This is the part of the process where you are going to use specific tools and solutions to “combat” your fixed mindset and start replacing it with your growth mindset entirely. It will also help you enhance and develop your growth mindset so that it becomes powerful and all-encompassing.

Remember, this entire process is one you will likely go through many times over. The first part of the process truly is a transformation since, likely for the first time ever, you are choosing growth mindset. This is a big transformation in

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