

Repositioning Your Mindset

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Summary

If you do not like the way your life is going, redesign it. Redeem the years you lost, restore your vision, revive your passion, and reclaim what was dormant inside of you. I have learned that minor adjustments make a big difference. What can you do to move forward in life? The answer is simple: Reposition your mindset.

Theory

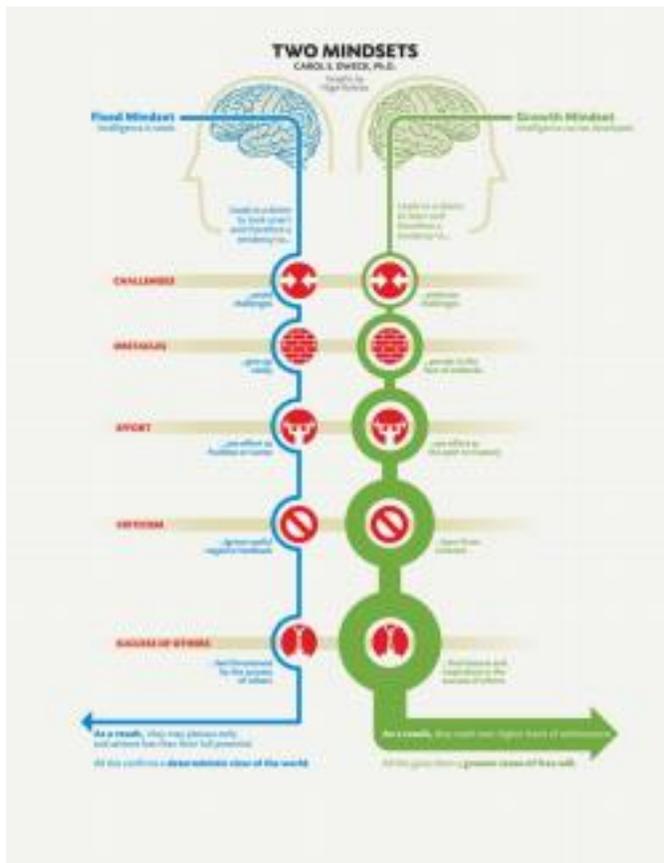


Figure 1: The Two Mindsets (Carol S Dweck, Ph.D.)

A **fixed mindset**, is a closed mindset that believes if you fail at something, make a mistake, it must be because 'you're just not good enough'. As a result, you avoid challenges and choose activities that seem easy. People with a **fixed mindset** tend to feel as if they cannot control their abilities and are helpless in the face of difficulties and setbacks. They feel disheartened if they find something challenging, which can lead to low self-esteem and a developing sense that there is 'no point' in trying.



People with a **growth mindset** think very differently. They believe that they can get better at something by practicing, so when they are faced with a challenge, they become more and more determined to succeed, wanting to persevere and overcome knockbacks. They tend to feel as if they are in control and are not threatened by hard work or failure. Although no one likes failing, people with a **growth mindset** do not let failure define them; instead, they use setbacks to motivate them. People who are encouraged to adopt a **growth mindset** enjoy challenges and the sense of achievement they get when they succeed.

Many intelligent adults are restrained in thoughts and results. They never move further than the boundaries of their self-imposed limitations – John Maxwell.

5 Steps to changing your mindset?

1. Self-awareness
2. Identify your behavior that needs to change
3. Start from where you are
4. Be flexible
5. Increase your thinking capacity

Results

- New thoughts
- New words
- New actions
- New attitude
- New Results

Novel/Additive Information

“A person cannot travel within and stand still without.” – James Allen

“Success is first within then without.” – Dr. Sam Adeyemi

“Whether you think you can or you can’t, you’re right.” – Henry Ford

“Whatever the mind can conceive and believe, it can achieve.” – Napoleon Hill

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References

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