Growth Mindset

The Essential Cheat Sheet to Enhance Your Professional Growth

Fixed Mindset VS. Growth Mindset

Fixed Mindset	Growth Mindset
Views intelligence as static	Believes intelligence can be developed
Avoids challenges	Embraces challenges
Gives up easily	Persists in the face of setbacks
Sees effort as unproductive	Views effort as the path to mastery
Ignores constructive criticism	Learns from criticism
Feels threatened by others' success	Finds inspiration in others' success

Researcher and professor Carol Dweck defines mindset as individuals' perspectives on their talents and abilities, highlighting two these distinct mindsets.

The Impact of Mindset in the Workplace

Adaptability: Embraces change with confidence.

Continuous Learning: Actively pursues learning opportunities.

Resilience: Bounces back from challenges with a positive outlook.

Innovation: Explores and contributes new ideas.

Collaboration: Seeks feedback and promotes diverse perspectives.

Increased Productivity: Optimizes processes and contributes positively.

Empower Your Mindset with Purposeful Language

Change your speech from fixed to growth

Use the power of ... Yet!

Instead of "I can't handle challenging projects," **try saying** "I can't handle challenging projects... YET!"

Instead of "I'm not a natural leader," **try saying** "I'm not a natural leader... YET!"

Instead of "I'm not good at time management," **try saying** "I'm not good at time management... YET!"

By incorporating the word 'yet,' we affirm to ourselves that it is a skill we can develop, indicating the potential for improvement and growth.

Love this tip. Thanks Dr. Dweck!

Source: Dr. Carol S. Dweck

How to Cultivate a Growth Mindset for Success

1. Recognize Fixed Mindset: When caught in negative thinking, pause, then ask: Are these thoughts helpful?

2. Re frame Mindset: Identify negative thoughts and ask: How can I shift to a more positive mindset?

3. Cultivate Flexible Thinking: Stay positive during change and ask: What new information and experiences will I gain?

4. Embrace Challenges and Learn from Mistakes: Maintain positivity when facing failure and ask: What can I learn from this?

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