

The background of the image features a series of horizontal, wavy stripes in black and white, creating a sense of movement and depth. A dark gray rectangular box is positioned on the left side, containing the title text in white. The overall aesthetic is modern and minimalist.

THE MINDSET OF MINDSET

Mindset: The established set of attitudes held by someone; a fixed attitude, disposition, or mood.

The Power of Belief

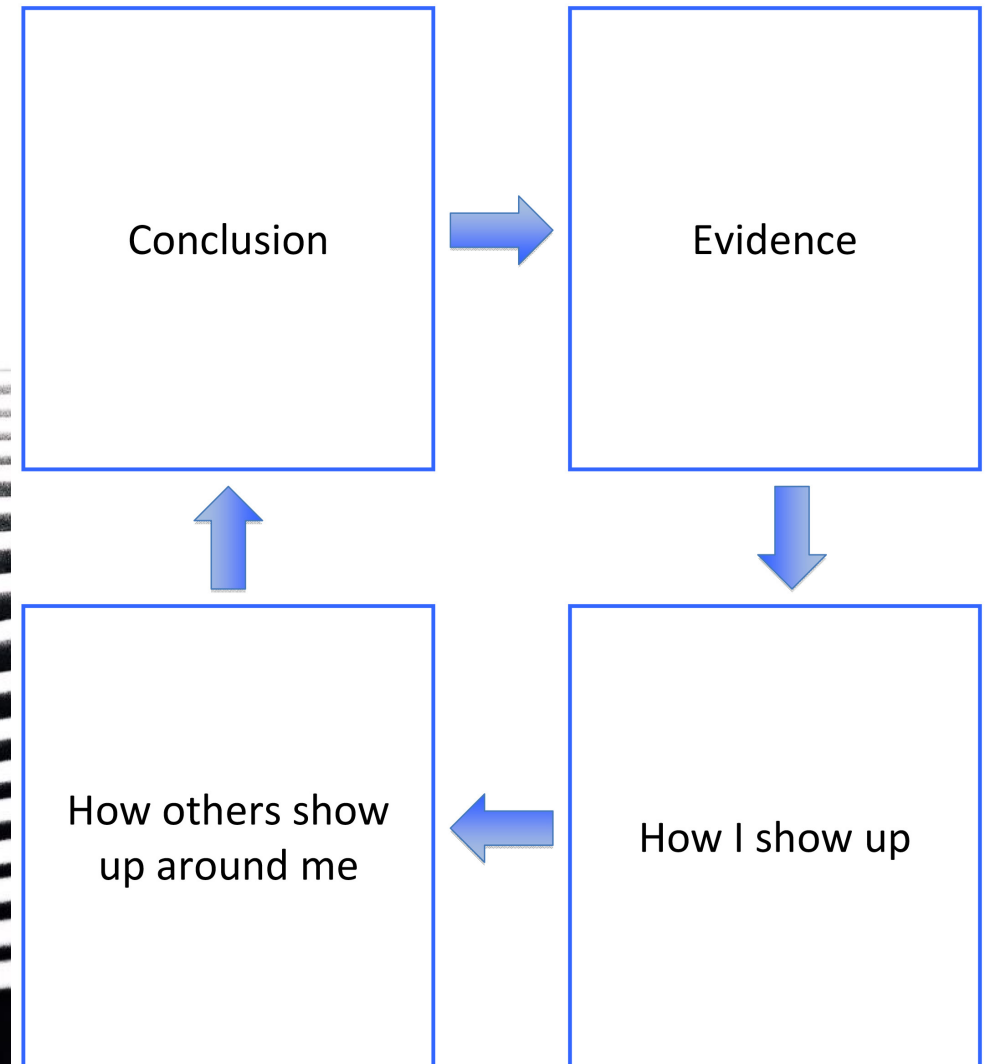
Stanford psychologist Carol Dweck is the author of “Mindset: The New Psychology of Success,” an inquiry into the power of our beliefs, both conscious and unconscious, and how changing even the simplest of them can have profound impact on nearly every aspect of our lives. Dweck found that the consequences of believing that intelligence and personality can be developed rather than being immutably engrained traits are remarkable.

In other words...

The beliefs we hold determine how we see and experience the world, and those beliefs can be changed when we decide that they are no longer working for us...

Sound familiar?

The 4 Boxes



Two Mindsets

A “**fixed mindset**” assumes that our character, intelligence, and creative ability are static givens which we can’t change in any meaningful way, and success is the affirmation of that inherent intelligence, an assessment of how those givens measure up against an equally fixed standard; striving for success and avoiding failure at all costs become a way of maintaining the sense of being smart or skilled.

Two Mindsets

A “**growth mindset**,” on the other hand, thrives on challenge and sees failure not as evidence of unintelligence but as a heartening springboard for growth and for stretching our existing abilities.

Out of these two mindsets, which we manifest from a very early age, springs a great deal of our behavior, our relationship with success and failure in both professional and personal contexts, and ultimately our capacity for happiness.

How does this happen?

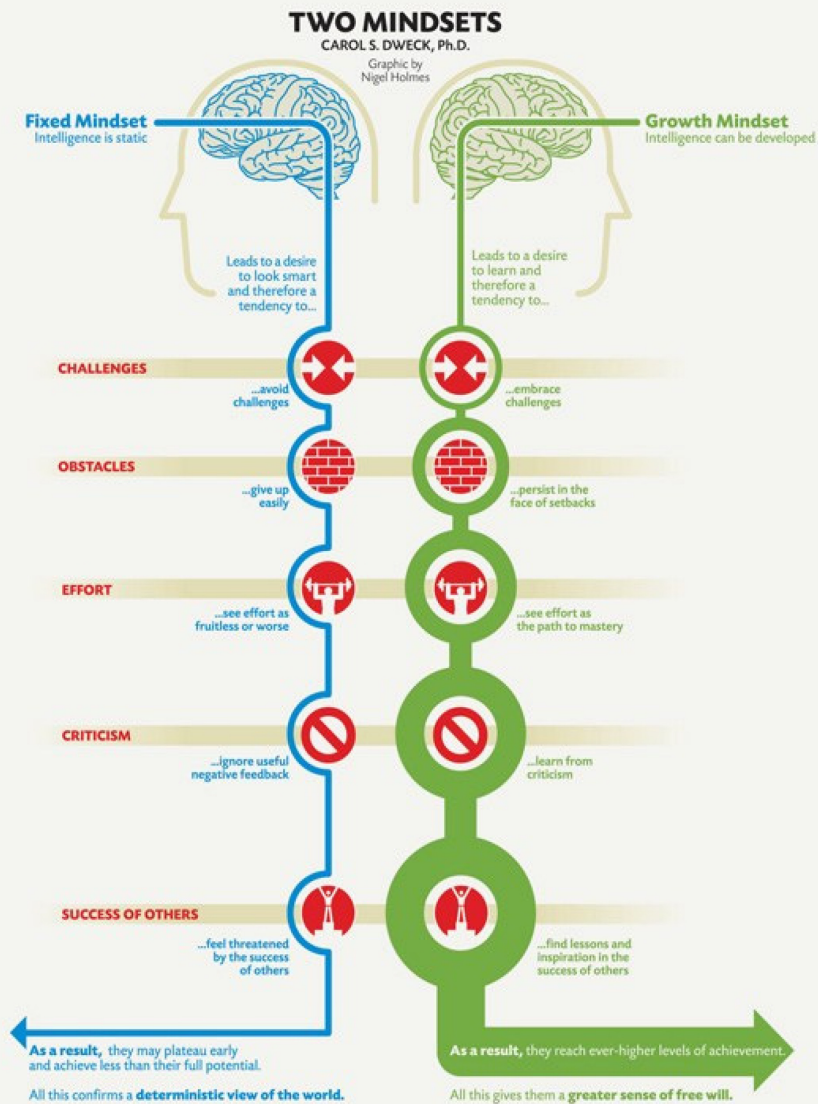
Dr. Dweck explains:

For twenty years, my research has shown that the view you adopt for yourself profoundly affects the way you lead your life.

It can determine whether you become the person you want to be and whether you accomplish the things you value.

How does this happen?

How can a simple belief have the power to transform your psychology and, as a result, your life?



Fixed vs. Growth

Determines how we see:

Challenges

Obstacles

Effort

Criticism

Success of Others

Fixed Mindset

Believing that your qualities are carved in stone — **the fixed mindset** — creates an urgency to prove yourself over and over.

If you have only a certain amount of intelligence, a certain personality, and a certain moral character — well, then you'd better prove that you have a healthy dose of them.

It simply wouldn't do to look or feel deficient in these most basic characteristics.

Growth Mindset

There's another mindset in which these traits are not simply a hand you're dealt and have to live with, always trying to convince yourself and others that you have a royal flush when you're secretly worried it's a pair of tens.

In this mindset, the hand you're dealt is just the starting point for development. This **growth mindset** is based on the belief that your basic qualities are things you can cultivate through your efforts.

Growth Mindset

Although people may differ in every which way — in their initial talents and aptitudes, interests, or temperaments — everyone can change and grow through application and experience.

At the heart of what makes the “growth mindset” so winsome, Dweck found, is that it creates a passion for learning rather than a hunger for approval.

Growth Mindset

Its hallmark is the conviction that human qualities like intelligence and creativity, and even relational capacities like love and friendship, can be cultivated through effort and deliberate practice.

Not only are people with this mindset not discouraged by failure, but they don't actually see themselves as failing in those situations — they see themselves as learning.

What are you noticing?

Do you approach the world with a fixed
mindset?

Or

A Growth mindset?