



Fixed vs. Growth Mindset

Positive Mindset + Effort = Achievement



**Positive Mindset Only = Rose Colored
Glasses**

www.pmocoaching.com

Mindset is hard to separate from yourself. It is hard to know when your mindset is impacting you. I believe that mindset and assumptions are cousins. Let me explain:

Assumptions are a set of beliefs or rules that have gone unsaid. These unacknowledged beliefs may be different than someone else's or different than reality, which can lead you to take a wrong action.

Mindset is similar – you can make decisions and take actions everyday based on your mindset. An unexamined or unacknowledged mindset can drive you to take wrong actions.

Understanding your mindset is critical in order to recognize the actions you are taking. There are 2 types of mindset:

Fixed Mindset

When you believe you either 'have it' or you don't. What you have is what you have, so no additional effort is required. This mindset is about the outcome.

Growth Mindset

When you believe there is always room to learn. That what you were born with is just a starting point. This mindset is about the experience.

Explore Your Mindset

What is your mindset?

Is it holding you back?

Are you accepting something 'as is' when you could be learning and growing?

Is your mindset causing you to judge others?

Is there something you can investigate that can take you from your current state to a better state?

Want to Learn More?

The Accidental Creative: How to Be Brilliant at a Moment's Notice by Todd Henry

Mindset: The New Psychology of Success by Carol Dweck