Mindsets that Feed and Foster Success

Definition of mindset
A particular way of thinking, a person's attitude or set of opinions about something

I am a victim.  
My behavior is who I am.  
My circumstances control my choices.  
Life should not hurt.  
I cannot do it if it is difficult.

I have to figure everything out.  
Perfection is reality.  
Life is all or nothing.  
People are my problem.  
My past determines my future.
What differentiates the people who succeed in life in spite of struggling with these mindsets as opposed to those who go under them?

Fixed vs. Growth Mindset
Carol Dweck

I believe that my [Intelligence, Personality, Character] is inherent and static. Locked down and fixed. My potential is determined at birth. It doesn't change.

I believe that my [Intelligence, Personality, Character] can be continuously developed. My true potential is unknowable and unguessable.

Avoid failure
Desire to look smart
Avoid challenges
Stick to what they know
Feedback and criticism is personal
They do not change or improve

Desire continuous learning
Confront uncertainties
Embrace challenges
Not afraid to fail
Invests effort in the learning process
Sees feedback as valuable
Instead of:

- I'm not good at this.
- I can't make this any better.
- I just can't do math.
- I'm not smart enough.
- Plan A did not work.

Try thinking:

- What am I missing?
- I'm on the right track.
- I'll use some of the strategies I have learned.
- This may take some time and effort.
- I can always improve so I will keep trying.
- I'm going to train my brain to do math.
- Mistakes help me to learn better.
- Is this really my best work?
- Good thing I have 26 more letters.

Adopting a Growth Mindset

- Identify areas where your mindset is fixed.
  (Mental Inventory)

- Write down a growth mindset to replace it.
  (Positive Exchange)

- Understand that changing your mindset is a process.

A growth mindset equips us to take on our self-limiting beliefs.
Learned Helplessness
Unchaining the Elephant

Our Journey of Learning

- Instinctive Behavior (what we are born with)
- Conditioning (rewarded/punished)
- Unfiltered Learning (what we are taught and told)
- Unlearning (breaking free of the limits and conditioning)

- Openness (a state of freedom and possibilities and a larger view/perspective)
- Results (making things happen that are coming from a larger perspective)
- Growth (consistently learning, growing and changing because we keep learning and growing)

Some of the most valuable learning is unlearning.

Unlearning

Discard (something learned, especially a bad habit or false or outdated information) from one's memory and replace it with a truthful statement, practice or belief.
Practical Steps for Successful Unlearning

1. Identify the false beliefs that are holding you back.
   (Mindset Inventory)
   I am powerless to change my life.

2. Identify what makes these self-limiting beliefs false.
   I've seen other people change their lives. If they can do it, so can I!

3. Replace the false belief with statements of truth.
   (Positive Exchange)
   I am powerful and able to change – or simply enjoy – my life.
   In my choices lies my greatest power.
   Anyone can make changes if they are brave enough to try.

Learn Unlearn Relearn
Life is all about perspective.

- The lens we choose determines our success.
- If we do not learn how to change our lens when we face challenges, we become trapped.
- There is always another right answer.

Our greatest weapon against self-limiting beliefs is our ability to choose one thought over another.
To Really Be Free, You Need To Be Free In The Mind.

- Alexander Loutsis

MAY MY HEART BE BRAVE, MY MIND FIERCE, AND MY SPIRIT FREE.

- William of Ockham

Fate whispers to the warrior, "You cannot withstand the storm."
The warrior whispers back, "I am the storm."
Thank You