

---

---

---

---

---

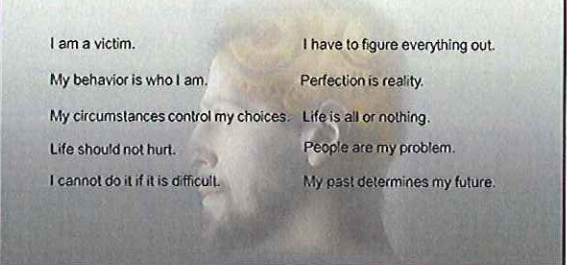
---

---

---

**Definition of *mind-set***  
A particular way of thinking, a person's attitude or set of opinions about something  
Merriam-webster.com

I am a victim.	I have to figure everything out.
My behavior is who I am.	Perfection is reality.
My circumstances control my choices.	Life is all or nothing.
Life should not hurt.	People are my problem.
I cannot do it if it is difficult.	My past determines my future.



---

---

---

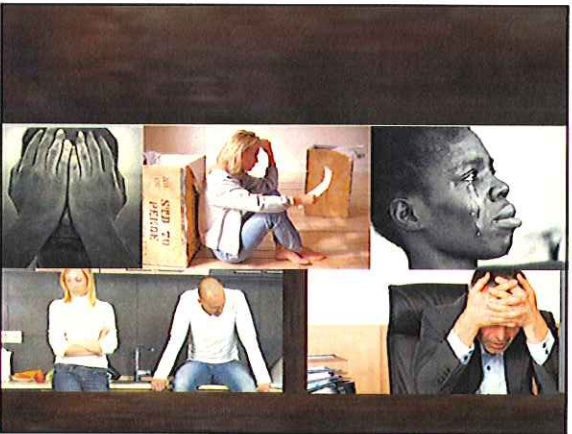
---

---

---

---

---



---

---

---

---


---

---

---

---

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 or 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 unknown and unknowable.



---

---

---


---

---


---

---

---



- 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

---

---

---


---

---

---

---

---



What can I say to myself?

<b>Instead of:</b>	<b>Try thinking:</b>
<ul style="list-style-type: none"><li>• I'm not good at this.</li><li>• I'm awesome at this.</li><li>• I give up.</li><li>• This is too hard.</li><li>• I can't make this any better.</li><li>• I just can't do math.</li><li>• I made a mistake.</li><li>• It's good enough.</li><li>• Plan A did not work.</li></ul>	<ul style="list-style-type: none"><li>• What am I missing?</li><li>• I'm on the right track.</li><li>• I'll use some of the strategies I have learned.</li><li>• This may take some time and effort.</li><li>• I can always improve so I will keep trying.</li><li>• I'm going to train my brain to do math.</li><li>• Mistakes help me to learn better.</li><li>• Is this really my best work?</li><li>• Good thing the alphabet has 25 more letters!</li></ul>

---

---

---

---

---

---

---

---

### 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.



---

---

---

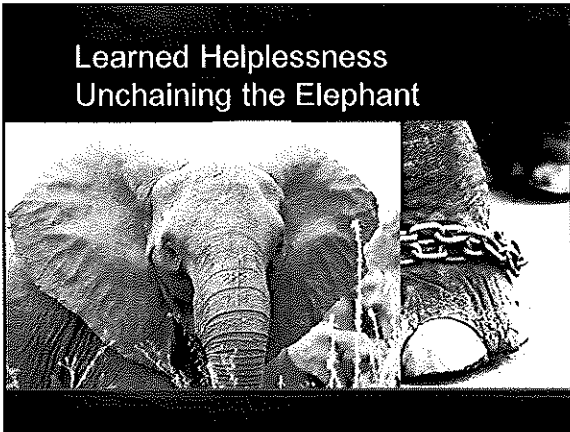
---

---

---

---

---



---

---

---

---

---

---

---

---

### Our Journey of Learning

<ul style="list-style-type: none"><li>• <b>Instinctive Behavior</b> (what we are born with)</li><li>• <b>Conditioning</b> (rewarded/punished)</li><li>• <b>Unfiltered Learning</b> (what we are taught and told)</li><li>• <b>Unlearning</b> (breaking free of the limits and conditioning)</li></ul>	<ul style="list-style-type: none"><li>• <b>Openness</b> (a state of freedom and possibilities and a larger view/perspective)</li><li>• <b>Results</b> (making things happen that are coming from a larger perspective)</li><li>• <b>Coaching</b> (consciously focusing on others and helping them to go beyond where they have been)</li></ul>
---	--

---

---

---

---

---

---

---

---

### 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)
2. Identify what makes these self-limiting beliefs false.
3. Replace the false belief with statements of truth.  
(Positive Exchange)

---

---

---

---

---

---

---

---

**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.



---

---

---

---

---

---

---



---

---

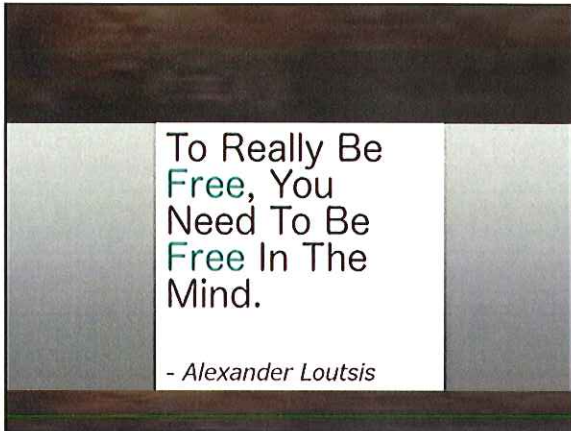
---

---

---

---

---



---

---

---

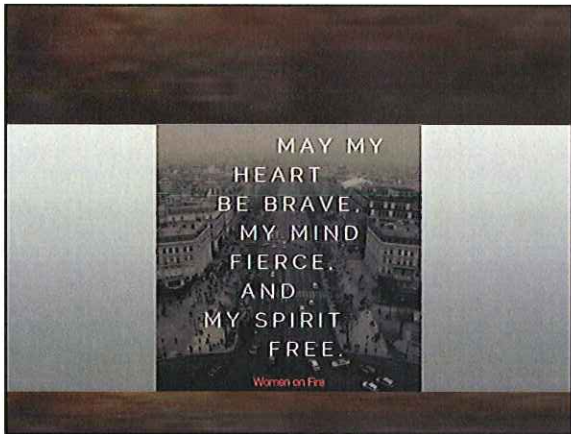
---

---

---

---

---



---

---

---

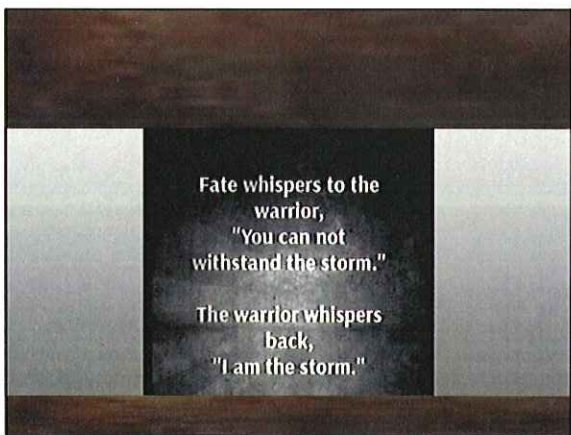
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---