



## Developing a Growth Mindset, Step 3

So, at this point you've noticed your fixed mindset persona thinking limited thoughts and you've changed your perspective. The next step is the most important, and in fact is what truly makes someone have a growth mindset. The most important factor for developing a growth mindset is action.

### Step 3: Growth Mindset Action

*Ask yourself, what did you learn from the experience?*

*What could you do differently next time or going forward?*

*What would help you achieve this goal that you haven't tried?*

*What do you need to learn or what information do you need to gather?*

*What steps will you take?*

List out the steps that you will take, and for each one, identify exactly WHEN you will do it. If anything on your list cannot happen within 1 week, save it for later and re-assess at the end of the week. For everything else, include when you will do it and what you need in order to do it.

Action Step	When I Will Do It	What I Need	Goal/Outcome



Lastly, **take 5 minutes to visualise yourself** taking each of these steps, as you imagine they will play out, including achieving the goal and outcome you are aiming for.

### **Practicing a Growth Mindset**

*Select your favourite affirmations from the list below or write your own and put them somewhere you will see them every day, such as next to your bed, on your mirror, on the cover of your day planner, attached to your computer screen, or programmed into the calendar of your phone to remind you to look at them every day, at least once.*

- Everyone has a fixed mindset to some degree. Now that I know the difference and I know I can change, I am developing a growth mindset.
- Challenges, risks, and failures do not reflect that I am a failure, they are opportunities for me to grow and improve.
- I care more about the process and the journey and who I become along the way than I do about the outcome.
- I am glad that I am not perfect and that I never will be because it means I am not limited to where I am today.
- What other people think about me is none of my business. I no longer allow other people's opinions and judgments to hold me back from living a life of fulfilment and reaching my potential.
- I am always looking for the meaning and lessons contained in all situations that can help me fulfil the greater purpose in my life.
- I move past the discomfort of making mistakes quickly because I learn the lesson and allow it to help me improve so I can do better next time.
- I know that no one starts out great at something and so I am willing to try new things and practice skills I would like to have, putting in the time and effort I know it takes to master this area.
- I am the master of my thoughts, emotions, and actions and I do not give my power away by reacting to others criticism, judgment, or actions in a negative way.
- Having to exert effort in order to be good at something is a good thing because it shows me that I am capable of learning and improving. I love knowing I am not limited to my current strengths.
- I love knowing that even if someone else may be more naturally talented in an area than I am, a person with better work ethic will outperform a person with talent every time.
- I know that most truly successful people have failed their way to success.
- I have skills and knowledge today that I didn't have before because I learned and grew in those areas, so I know I can develop any ability I want.
- If my talents, abilities, and intelligence are not fixed, this means my potential is truly limitless!

