

# Growth Mindset Diagnostic

4 Situations when your Growth Mindset could be at risk of fading and what to do about it.

## Over-pushing

(Overtraining Effect)



**Diagnostic:** Do I keep pushing even when my energy, focus, or results are clearly dropping?

**Counter:** Build recovery into your growth plan — treat rest as part of progress, not the absence of it.

## Systemic Stress / Overwhelm



**Diagnostic:** When multiple pressures pile up, do I default to survival mode instead of staying curious and open?

**Counter:** In high-stress moments, simplify to one small, controllable action. Shrink the frame instead of shutting it down.

## Repeated Failure



**Diagnostic:** Do I give up on growth after repeated failures?

**Counter:** Step back and analyze: is the goal unrealistic, or just hard? Study others who've overcome similar setbacks.

## Identity Protection



**Diagnostic:** Do I avoid challenges in areas that threaten my sense of competence?

**Counter:** Reframe mistakes as data. The fastest growth comes from edges where you're not yet fluent.

**Losing your growth mindset is normal - what matters is catching it and practicing the reset.**