

# Fixed vs. Growth Mindset

## How Does it Work?

In this section you'll try to identify other beliefs that are holding you back and how you can reframe them to be more productive. For example you may have been taught when you were little that "money does not grow on trees". While it's true in a sense, a more productive way of thinking would be that "I will be rewarded for the value I provide for others - the more I give, the more I will receive"

GROWTH MINDSET		FIXED MINDSET
Challenges are a way for me to get better	Challenges	I try to avoid challenges so I don't look stupid
I'm eager to try new things	Desires	I'll just stick to what I know
I can always learn and get better at anything	Skills	I'm either good at it or not. "It's in my genes/family"
I'll try new things until I will succeed	Obstacles	I'm just not good at it and that's the way it is
I'm inspired by their success. I'm curious about how they achieved it.	Success of Others	It's unfair that they're succeeding and I am not
I can learn from the feedback I receive	Criticism	I feel threatened by the criticism I get

# Working on Mindset

	My Current Mindset	Steps I Can Take to Have a More Growth Oriented Mindset
CHALLENGES		
DESIRES		
SKILLS		
OBSTACLES		
SUCCESS OF OTHERS		
CRITICISM		