

Four steps to building a Growth Mindset



04.

Take the growth mindset action.

Decide what action you will take to foster a growth mindset lifestyle.



03.

Talk back to the fixed mindset with a growth mindset voice.

A fixed mindset says, "I'm just not good at this." Your inner growth mindset voice should respond, "If I keep trying, and take my time, I will be great at this."



01.

Learn to hear your "fixed" mindset voice.

A positive growth mindset sounds like "I am capable of doing this." A negative or fixed mindset sounds like "I'm not good enough."



02.

Recognize that you have a choice to choose growth.

In a "fixed mindset," people believe they are as smart as they will ever be. In a "growth mindset," people believe that if they work hard, they can get smarter.



"You should take the approach that you are wrong. Your goal is to be less wrong."

Elon Musk

