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BECOME YOUR BEST

MINDSET MOMENTUM



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Special Edition

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Introduction

Thank you for downloading this Mindset Momentum eBook, your personal guide for enhancing your mindset.

This eBook contains information about two different types of mindset: fixed mindset and growth mindset. We delve down into the details of the two mindsets to determine which one is best for you. We understand the science of mindsets and see how our brain shapes them. We explore how a fixed mindset can hold us back from achieving our goals in life and from unlocking our true potential. The book also contains examples of prominent people who were able to achieve success in life owing to their growth mindset.

We demonstrate how you can determine the kind of mindset you possess. At the end of the eBook, we have some key exercises and techniques that can help you transition from a fixed mindset to a growth mindset. The journey will not be easy, but if you follow the techniques and exercises shown contained in the book, we guarantee you will be able to enhance your mindset and reap the benefits of having a growth mindset. Everything in this book is tried and tested, so you can be confident that it will work for you. By reading the book, you'll uncover new things and start approaching life differently. Soon, you'll see successes and progress through your mindset.

So, are you ready to change your mindset? Great! Let's us begin.

Why Mindset Is Important?

We often think that good things will only happen to us at the right time. Maybe we need to adjust the way we think.

You are up for a great job you desperately want. You prepare for the interview and give your very best – but still you are not able to get the job. You feel like a complete failure.

But instead of doubting yourself, what if you thought about your unfavorable experience. What are things you should do differently in the next interview? Where did you perform well? You recognize that just because you didn't get selected for the job does not mean that you are a failure. Armed with the insights from the previous interview, you find yourself preparing for the next.

The difference between the two scenarios in this case is mindset. Everything is influenced by mindset: health, relationships, careers and self-esteem. It determines the course of our life. Unlike situations that occur randomly; mindset is something that we can control.

Stanford Psychologist Carol Dweck says that mindset is what allows a person to take control of their lives and push themselves against boundaries. Successful people focus on solving problems, self-improvement and growth while unsuccessful ones think that their abilities are fixed and tend to avoid challenges.

Dweck stipulates that the behavioural traits of people fall into two basic categories: fixed mindsets and growth mindsets. A person who has a fixed mindset believes that they have static traits. Intelligence, creativity ability and character of these people cannot be altered in a meaningful way. They see success as an affirmation of their traits and abilities. A human with a fixed mindset is like a completed spreadsheet where personality and intelligence operate unchanged. Thus, they believe that being smart means avoiding failure and striving for success at all times.

A person who possesses a growth mindset thinks of challenges as obstacles that they must overcome and sees failure as a viable opportunity for personal development and growth. How a person approaches life can determine their happiness and success. Research shows that the

view we adopt for ourselves affects the way we lead our life. Our mindset can determine whether we become what we wish to be and whether we commit to accomplish all the things we value.

Believing that our qualities are fixed assets creates a kind of urgency where one wants to prove themselves again and again. If we only have a fixed amount of intelligence, a fixed personality and a fixed moral character, we'll try to prove that we have these qualities in abundance. We certainly wouldn't want to feel or look deficient in the most basic qualities we possess.

When we have a growth mindset, we know that we can cultivate our basic qualities through efforts. Although it is true that people differ in their initial aptitudes, interests, temperaments and talents; everyone can grow and change through experience and application.

The Science behind Mindset

The importance of mindset is backed up by science. In a study carried out by Claudia Mueller and Dweck, 128 children of age 10 to 11 years were separated into two different groups. The task of solving mathematical problems was assigned to each group. The researchers praised one group for their innate characteristics ("what a great work you did – you are really smart) while appreciated the other one for the effort they put into solving the problems ("what a great work you did, you really worked hard").

Next, the two groups were given harder problems. The problems were so hard that many participants were barely even able to get one question right. Both the groups were told that they showed poor performance. After that, a set of easier questions was again given to them to determine how their performance was affected by failure. What was the result of the experiment?

The group of children who were praised by the researchers for their innate traits (intelligence) did roughly 25 percent worse on the final test than the group that was praised for their hard work. The children that were praised for intelligence were more likely to hold their lack of ability responsible for not being able to solve the final test's problems. They were less likely to think that the reason they failed was because they didn't try hard enough. They also didn't enjoy working on problems and were quick to give up.

The research showed that those children who're praised for their intelligence when they successfully do something are less likely to attribute their poor performance to the lack of effort – a factor that they can control. Such kind of praise doesn't teach children that they're smart; rather it leads them to create inferences about the ability they possess.

Five other experiments were performed by Mueller and Dweck and they were able to find that when children were told that they're intelligent instead of hard-working, they started measuring their own level of intelligence from all the praise. In fact, it seemed that when their performance was low, they simply thought they weren't capable of completing the task. The children who were praised for their hard work seemed to believe that their intelligence is variable and depends on knowledge and motivation.

In another research by Dweck and others, children were offered to choose between redoing a simple jigsaw puzzle and attempting a harder one. Those who had a fixed mindset redid the simple puzzle expressing the notion that smart children do not make mistakes. On the other hand, children who had growth mentality didn't understand the idea of redoing the same simple puzzle and saw attempting new challenges as an instrument that can help them advance.

Other studies have shown that the attitude of an individual towards a certain task matters as much as the actual ability of a person to carry it out. For example, soldiers who were about to go on a 25 mile march were provided information related to the route's length. Those who were told that the route is 37 miles or weren't told anything about the total length became concerned and did a lot worse than participants who were told the length was 18 miles only. It was concluded by the researchers that what mattered in that scenario was how the challenge matched actual capabilities of the soldiers. If they didn't believe they could do it, they will not be able to gather the strength needed to complete the challenge. Measurement of stress hormones in blood's sugar levels confirmed the results.

This shows that people who hold fixed mindsets have a tendency to avoid challenges. The deficiencies they think are present in them become permanent. When dealing with setbacks, these people are less resilient and they believe that they have reached their maximum potential and cannot go any further. That is why people with fixed mindsets will always achieve less.

Those who have a growth mindset understand that anyone can work to develop their knowledge and abilities as these are not fixed assets. Even Einstein became a luminary in the world of science because of hard work and years of labor. Challenges help such people improve while setbacks motivate them to move forward and work harder.

How Mindset Can Hold Us Back?

Could your mindset be holding you back? Could it be derailing your success? When we doubt our abilities, we put a brake on our success without even realizing it. Doubt makes us less likely to achieve what we want because the energy and commitment we invest in our actions are limited when we aren't sure about something. As research discussed in the previous chapter showed, when we know for certain that we are capable of doing something, our self-belief, commitment and energy improves. Fixed mindset makes us doubt our ability which is why it holds us back. It derails our abilities. On the other hand, growth mindset can help us improve our abilities.

The odds of our success improve when we believe that our intelligence, creativity, character and skills can be nurtured and cultivated. This is applicable everywhere in life. Growth mindset favors learning over talent. Have you heard people say things like: *"I am not creative; however, James was creative by birth so I cannot write a story like he does" or "I can't handle new technology; younger employees are more capable of dealing with it"*. These two statements suggest fixed mindset – creativity, intelligence, character and skill – is static.

Individuals who hold fixed mindsets are rarely able to excel. They have a firm belief that their abilities and intelligence are fixed. They invest all their energy and effort in looking smart rather than developing and learning.

When a person with a fixed mentality tries something they have not done before, they are likely to give up on it after failing a couple of times. Because of this failure, they'll feel humiliated and will probably avoid trying the same thing ever again. For example, you have a fixed mindset and you are trying to start a business. You'll probably give up if you can't generate enough start-up capital. You would say that business is just not your thing.

If you think that someone was born to be an entrepreneur or that you don't have what it takes to be a successful business man, it means that you have a fixed mindset and that mindset is holding you back.

When you hold a fixed mindset, you tend to avoid facing new challenges because you are afraid

of failure. Due to this reason, when challenges do arise, you quickly give up.

Because you do not understand how human beings develop and learn, you find that putting effort into something is just a waste of energy and time. Secretly, you feel envious and threatened of other people's success. Ultimately, with a fixed mindset, you do not have much of a chance to learn and develop your abilities and potential. Thus, a fixed mindset holds you back.

If you believe that you're less than capable of doing something, you'll be unhappy your whole life. You'll evade your own capabilities, capacities and possibilities. This is what Abraham Maslow said and it shows how dangerous holding fixed mindset can be. Many people hold a fixed mindset which derails their success.

Let's us look at a few examples of fixed mindset.

Example 1: Missing the carpool or bus because of being late

You may have experienced this situation before. Your alarm does not go off and you don't wake up on time. When you wake up, you realize that you have overslept. You quickly change and race outside before you miss the bus. As you step into the street, you see the bus leaving. This scenario will ruin your whole day if you have a fixed mindset. You'll feel angry or may put the blame on something or someone else. You'll think that there's nothing you can do about it and it was bound to happen.

If you hold a growth mindset, you'll likely think about what caused the mess and avoid it in the future. You may decide to sleep earlier and set the alarm tone a bit louder. The point here is that the person who holds a growth mindset won't blame anything or anyone for their failure. Rather, they'll fix the issue because they think that it can be fixed.

Example 2: Boss gives poor feedback

Consider this scenario: you complete a project and when your boss evaluates it, he gives you negative feedback. He says that you didn't put in much effort or you made many mistakes and

you aren't capable of handling such projects.

Someone who possesses a fixed mindset will likely think that the boss is wrong and ignore their feedback. Alternatively, they may agree with what their boss has to say and think that they aren't capable of doing anything right.

However, one who has a growth mindset will take the feedback of their boss seriously and evaluate it objectively. If they have made a mistake, they will acknowledge it and work towards improving their abilities to perform better next time.

Example 3: Handling new tasks or projects

When a person is assigned a new challenging project at work, they may think they are not capable of handling it. They may say that it isn't what they are good at. They may be right about the fact that they aren't good at it, but this definitely does not mean that they aren't capable of successfully completing it. A person with a fixed mentality allows the self-defeating thoughts to impair their abilities. They conclude that there isn't any point of putting all the effort into a task or project that doesn't meet their strengths.

A person who has a growth mindset sees the new project as a learning opportunity. Someone with such a mindset would likely think, *"I am capable of figuring this out. All I have to do is sharpen my skills to reach the required level? Can I learn from somewhere? Can I take help from people?"*

How Mindset Pays Off

People who have a growth mindset believe more in nurture than nature. They believe that personality characteristics, intelligence and talents are learned and can change over time with practice and effort. They are more likely to say, *"she worked hard to get where she is today", "I can become a great speaker if I put my mind to it" and "leaders are made, not born"*. They believe that careful planning, effort and ongoing learning enable people to achieve success; more so than natural ability. They make their day-to-day choices and pursue their goals according to this belief. Because they believe that their strengths are the result of effort rather than innate abilities, they are more likely to:

- Take on tasks or projects in which they can learn new things that they have not yet mastered. Even if doing so highlights their weaknesses.
- Take risks because they are more interested in growth than protecting themselves from the possibility of mistakes and failure.
- See mistakes as an opportunity for learning rather than a sign of permanent personal flaws.
- Seek out negative feedback and persist when faced with setbacks and hurdles. They believe that these are to be expected when moving towards their goals. In fact, many people with a growth mindset find negative feedback, setbacks and hurdles motivating rather than demoralizing. They double up their effort to improve their performance.

The hallmark of people who possess a growth mindset is that they believe in the adage that the harder I work, the smarter I get. Day by day, they focus more on developing their future self than on validating and protecting their current self. They don't see the advantage of being the smartest person in the room. They aren't comfortable receiving only positive feedback. These kinds of people know that effort is an essential ingredient required to master something. They don't shy away from hard work and effort; they embrace it. When they see others succeed; they don't envy them. Rather, they find lessons and inspiration to learn from them for their own development.

Here's another way growth mindset pays off. Because people with a growth mindset start taking risks and learning from mistakes earlier in their carrier, they tend to be better prepared to handle bigger problems and make fewer mistakes later in their career when stakes are higher.

Growth mindset leads a person into a spiral of continuous development and helps them reach higher-levels of achievement and personal mastery. People with a growth mindset have improved relationships, greater productivity and achieve more success than those with a fixed mindset. In the next chapter, we highlight a few examples of people who achieved success owing to their growth mindset.

People With a Growth Mindset

There are many people who possess a growth mindset. Some have always had it while others changed their mindset. Some of the examples of people who achieved success and overcame challenges because of their mindset are discussed below:

J.K Rowling

"By every usual standard, I was the biggest failure I knew." This was what J.K Rowling, the writer of Harry Potter series, said about herself. Twelve publishing houses rejected her book before it was finally published. Before J.K Rowling was successful, she had gone through severe depression. It started with her mother's death and exacerbated after being divorced with a child to take care of. The rejection of her book also led her to think she was the biggest failure. However, she never gave up. J.K Rowling said, *"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default"*.

Her self-belief, courage, determination and growth mindset allowed her to work hard towards her goal and embrace failure. If she had given up or was afraid of failure, she would not have been able to create the best-selling book series ever.

Michael Jordan

Michael Jordan was dropped from the high school varsity team. However, he didn't become disappointed or thought that he was a failure. His mother motivated him and told him that he just had to practice and work harder. Today, he is recognized as the greatest basket player ever. Was it his talent that made him the best ever? No. It was hard work.

He worked harder than any other member of his team and any other player for that matter. His hard work allowed him to achieve success. The only reason he was able to work hard was because he possessed a growth mindset. His growth mindset kept telling him that nothing is impossible when your work hard.

Bethany Hamilton

Bethany Hamilton's left arm was bitten off by a shark before her surfing career even began. If she

had a fixed mindset, she would have given on her dream of surfing. However, she didn't allow the setback to ruin her career plans. Only a month after the incident, she went back into the water and began doing what she loved. Next year, she went on to win her first ever national title. Because of her growth mindset, attitude and faith, she made an impressive comeback and made her name.

Jack Andraka

Jack Andraka became a cancer researcher at a very young age. This has made people think that he was born a genius. However, that is not the case. In reality, Andraka spent a lot of time working, researching, reading journals and experimenting. He completed a project and sent it to about 200 professors only to receive rejections by 199 of them. However, he didn't give up because of the rejections and failure. He persevered and kept working hard. Eventually, he was able to secure sponsorship and achieve fame.

Thomas Edison

Thomas Edison believed that most people miss opportunity because it looks like hard work. We think he was referring to people who have a fixed mindset. His unstoppable curiosity and growth mindset enabled him to experiment and invent. The light bulb is Thomas Edison's most famous invention. When he was inventing it, he said, "I haven't failed, I have just found 10,000 ways that won't work". Only a person who has a growth mindset can say something like this. One with a fixed mindset would say, "If I fail once, there isn't any point of trying again as the result will not be any better next time and the next 10,000 times".

How Mindset Will Affect Your Life

The mindset of a person is the lens through which they perceive the world around them. This lens affects how they live and their choices. Mindset is formed by combined interactions of thoughts, images and emotions. The mindsets adopted by people are associated with how they judge everything. Mindsets aren't just any ordinary beliefs. They're beliefs that orient the tendencies and reactions of human beings. They serve several cognitive functions. Mindsets help us frame different situations. They direct all our attention to important cues to ensure that the information doesn't overwhelm us. They also suggest goals to help us know what is worth trying. They help us analyze the right course of action to ensure that we don't puzzle out over what we are supposed to do. Our mindsets define who we really are and what we are capable of becoming. Our mind influences our body and we cannot separate the connection of our mind with the body. Carol Dweck said that the view a person adopts for themselves has a major affect over how they lead their life.

Just think about it: If you wake up with a bad mood in the morning or are worried because of something happening in your life, those feelings translate to your overall performance and behavior.

On the other hand, when you wake up and approach your day with purpose and positivity, everything changes. Your perceptions or your lenses determine how you respond to a given situation. Neural network that regulates our mindset is formed when our thoughts and emotions are habitual. It keeps us in place. The habit eventually becomes effortless. This shows how a person can master habits like writing, reading, meditation, exercising or eating healthy.

Our neural network becomes accustomed to the habit after much repetition and practices. When we perform the same task or action repeatedly, our mindset becomes stronger about that particular action. Therefore, when a person feels weak, as if they are resistant to change (signifying a fixed mindset), it isn't that they are weak as individual. It is just that their neural network's strength makes them feel as if they aren't capable of changing. However, everyone can change.

If you have the willingness to change, then you can change your mindset. Once you have done

this, everything in your life will change with it. If you hold a fixed mindset, you should work to change it into a growth mindset.

Your perspectives and your attitude are part unconscious and part conscious and can be programmed, reprogrammed, learned and unlearned in several different ways. A change of mindset can help one become their best self. There are many reasons why we recommended adopting a growth mindset. A major one is that a growth mindset affects a person's life for the better. The following shows how:

Nourish Relationships

Growth mindsets can make a difference in all kinds of relationships. If someone holds a fixed mindset, they would expect their relationship with their partner to be perfect. They won't accept the notion that they must work to build a successful romantic relationship. If they think that their relationship requires work, they'll feel that it is fatally flawed.

People with a fixed mindset believe that they come to the world fully developed and they cannot adapt and learn more than what they are capable of. Therefore, they logically believe that a relationship that isn't perfect will remain like that forever and there's nothing they can do to make it better.

On the other hand, someone who holds a growth mindset will know that no two people can be perfect and that they are bound to have some differences in their relationship. They understand that in order for their relationship to be successful, they must learn about their partner and develop attitudes that'll help them live a good life. This doesn't only apply to romantic relationships. Familial relationships need nourishment and work too. Someone who holds a fixed mindset cannot comprehend that.

Not Judging Yourself and Others

People who hold a fixed mindset tend to judge others and evaluate everything that is happening around them. They assess things such as whether they are a good human being or not or whether they are performing better than their colleagues at work. A person who possesses a growth mindset doesn't waste their time judging others or comparing themselves with other people.

Rather, they are focused on making progress and continuously learning to become better.

Not Scared of Failure

People with a growth mindset aren't scared of failure. They know that it is an opportunity to learn. Therefore, they aren't afraid to try out new things. They try out new hobbies or new sports without worrying about embarrassment and failure. They take on new projects. This opens the doors to new possibilities and later success.

Tackling Hard Tasks

People who posses fixed mindsets are afraid to tackle hard tasks. They do everything they find easy and put off all the tasks that require a lot of effort or are not their cup of tea. They are afraid that they don't have what it takes to get the job done.

In contrast, people with growth mindsets relish a challenge. They aren't afraid to tackle hard tasks. In fact, they attempt the hardest challenges because they give them a chance to learn new things and improve their knowledge base and skills.

Less Stress

The focus of people with fixed mindsets is only on success. They don't want to let their standards slip and they always want to be seen as masters or perfectionists of something they are good at. One bad result will define such people forever. If that's how you look at everything, you'll remain stressed. On the other hand, if you didn't care about failure or dropping your standards you'll feel relaxed. When you have a growth mindset, your focus is on improvement and learning. You don't worry about what others think about you.

Less Chances of Depression

Various studies have shown that people who look at life with a fixed mindset are more likely to experience depressions than those who have a growth mindset. It is quite logical. When a person takes setbacks more seriously, they start questioning their abilities more. People with growth mindsets don't expect perfection. Therefore, they are less likely to experience depression and anxiety when they fail.

Dream Big

A person with a fixed mindset will always worry about how they'll perform in certain events, tasks or projects. This is why they don't dare to dream big. They are afraid to set their sights high because they are afraid of falling. A person with a growth mindset focuses on end goals and dreams big. They don't allow individual setbacks to knock them off course.

What Kind of Mindset Do You Have?

If you want to take control over what you achieve and improve the condition of your life, then clearly a growth mindset is much more useful for you. But, how do you determine if you have a growth mindset?

Let us look at some questions that'll help you determine the mindset you have.

Do you believe that you are who you think you are and that there's nothing you can do to change yourself or do you believe that you can improve through learning?
If you believe that your abilities and your intelligence are something that you have no control over, then you are most likely to hold a fixed mindset. However, if you think that your abilities and intelligence are malleable and can change through effort, you likely posses a growth mindset.

You performed really well and aced an extremely difficult test. Now which of the following two compliments would please you the most?
1) You are really smart!
2) You really worked hard to achieve this!

If the first comment satisfies you the most, it means that you hold a fixed mindset. On the other hand, if you pick (2), you have a growth mindset.

As explained in the earlier chapters, those with a fixed mindset mostly value their abilities and natural talent above their effort. Therefore, they are more satisfied when someone compliments them for being smart. However, people with growth mindsets like to work hard and take pride in it than their gifted talents. Therefore, a compliment on their hard work is more encouraging for them.

When you do not understand something, what do you do?
1) Ask more questions about it
2) Don't ask anything about it

If you pick 1), it indicates that you incline towards a growth mindset. It shows that you are interested in subjects you do not fully comprehend. That interest can only come from a person's desire to learn more – a characteristic of people who have a growth mindset.

If you don't ask anything about it, it means that you have a fixed mindset. The reason is that you might not be interested in new topics or things. You may also be thinking that asking about something shows weakness.

Try the above mentioned exercise to get a rough idea about what kind of mindset you have. If you find that you hold a fixed mindset, you'll have to work to change that. But, before you can change your mindset, it is critical for you to understand how human brain learns. We provided a glimpse of it in the earlier chapter, but a more thorough explanation is provided below:

The fundamental understanding of neuroscience can help you grasp the concept. Simply put, our brain is similar to a muscle. The more we exercise it, the denser it gets. We exercise our brain through learning. When we are learning, neurons in different parts of our brain start creating new connections. Through repetitions, these connections become stronger. Over time, an insulation known as "myelin" builds along brain's axon (a small tube connecting neurons with other neurons). When there's more myelin, signals from one neuron to another travel faster. This means that the more we practice, the stronger our brain gets. This is applicable to all the different forms of learning including artistic, athletic, mathematical, musical, etc. It is simply the way our brain learns. The process does not just happen during childhood and youth. Before 1990s, it was believed that the human brains develops only in childhood and does not change when a person ages and reaches adulthood. After scientists discovered neuroplasticity, they found that the brain of an adult human can grow new cells. Neuroplasticity explains that neural pathways change due to the experiences of human beings. If the brain is functioning properly, every person can always improve their existing capabilities, learn more and develop newer skills. Our brains are capable of growing with age. So, essentially, a person who has a fixed mindset just posses a wrong belief and does the wrong things. If we can change that, we can change the mindset.

Changing the Mindset

Person with a fixed mindset have wrong beliefs and cultivates wrong habits. So, these beliefs need to be changed. Individuals must be guided to do the right thing for changing their incorrect mindset. This chapter holds the secrets to doing that. We are going to show you what you need to do to transform a fixed mindset into a growth mindset. So, let's journey towards a growth mindset together.

Leave Behind What Doesn't Work For You

When you decide that you want to change or create a difference in your life, it'll create change. At the beginning, change may be uncomfortable. You may be scared of feeling uneasy or uncomfortable and you may experience strange feelings. There might be some subtle feelings hiding in the subconscious part of your mind that may present themselves as bad habits that should not be a part of your mindset. Old patterns keep us stagnated and don't allow us to transcend to a growth mindset. Removing or replacing them with healthy activities or new habits that are more fulfilling can help us change our mindset.

How to Let Go of Old Patterns

In order to let go of old patterns and behaviours, you must identify what those patterns or behaviours are. These may include not getting enough sleep, drinking too much alcohol or smoking, eating unhealthy, not budgeting, etc.

Now answer these questions:

Q) What patterns are you caught in on a regular basis? Also, write down the ones that you think you can do without or are boring to you.

.....

Q) Instead of your old patterns, what is it that you would prefer to do?

.....

Q) How would you feel about the new additions?

.....

Keeping to New Patterns and Behaviours and What to Do if You Slip

Try to recognize what triggers your old patterns and fight those triggers to preserve new patterns and behaviours. Sometimes, you'll have off days. Having plans and recognizing and noting what caused the slip will help you stick to your new patterns. Sometimes, it takes time for your mind to create new patterns. You should stay motivated to ensure that the change does happen. Don't just give-up because of a minor slip up ("I missed gym! How will I lose weight now?). Just because you didn't go to the gym one day doesn't mean you can't lose weight now. Stay focused on your goal and don't let minor setbacks disappoint you.

Let Go of the Past to Move Forward

Some the patterns in our mind and the words that we use aren't helpful for us in life. They can actually be our worst enemy. Human beings are not perfect, so we should never strive for perfection. We all fall and do things we aren't proud of. We sometimes do bad things to ourselves and sometimes to others as well. In order to develop a growth mindset, it is essential for you to learn about reconciling any slip-ups. Running away won't solve your problems. Looking back to your past and accepting your mistakes can help you shift your mindset.

Review the Past Situations

Think about three or four situations you have experienced in the past where you feel that you did something you aren't proud of. You may have to access some deep, difficult feelings in your mind to remember those situations. You only have to stay there for a few seconds, so there is no need to panic. Take a deep breath and think of something good to move back into the right state of mind. Ask yourself a series of following questions.

Q) What is it that I must forgive myself for?

Q) What do I have to do to forgive myself?

Q) How did I handle mistakes while growing up?

Q) How was my behaviour?

Q) What motivated me?

Q) How others were affected by me?

Q) What are the things I should have done differently?

Q) What this experience taught me?

Write your answers below:

.....

Additional Tools

Admit to Yourself

Find a quiet place and reflect on your mistake. Admit to yourself that you did something. Recognize the feelings you associate with that and tell yourself you have to move on. Tell yourself that you made a mistake and you forgive yourself for that.

Write it Down

Write a letter to yourself with all the feelings so that they don't swirl around in your mind and ruin your peace. Use the pen and the paper to acknowledge your feelings and then burn it to tell yourself that you have decided to move on.

Identify People Who Can Derail Your Success

We often associate ourselves with toxic people who always bring us down. We call them drainers. When you are trying to change your mindset, those negative people won't serve you well. Some people just don't want you to excel. They may not be purposefully doing this and they may not know that they are holding you back. It is just their default behaviour. If you want to enhance your mindset, it is essential for you to deal with drainers.

Who are Negative People and How Do You Recognize Them?

Negative people or drainers can be found anywhere. They can be your friends, colleagues and even family members. You'll feel demoralised and lousy after spending time with them. Now, any of us can be going through really bad experiences and people like to share them with others more close to them. We aren't talking about such people. Drainers are those who constantly moan and say negative things. They may also like knocking you down or pass sarcastic comments about you.

What You Should Do?

If the actions or words of negative people are playing on your mind, then you should consider walking away from them. This doesn't mean that you have to express your anger and tell them to

get lost. Instead, you should slowly move away from them. You may feel uncomfortable doing that. However, once you take the ownership of the company you keep and decide to have positive people around you, that decision will increase your confidence and self-worth.

If they are your co-workers and your family members, then limit the time you spend with them. Imagine creating a solid field around you that cannot be penetrated by someone's negative words.

Action Planning

Who are the people I am tolerating?

.....

What can I do about my relationship with them? What is the appropriate action?

.....

What will happen if I take that action?

.....

How my mindset will benefit if I take that action?

.....

Contribute to Others

There are several benefits of helping others, not only for them, but also for ourselves. For example, focusing on how we can be of service to other people may feed our purpose in life. There can also be an issue or cause we feel concerned about. Helping others in those kinds of situations can make a difference to our peace of mind. Contribution to others can help us transcend from a fixed mindset and allow us to do different things than what we normally do. Contribution may include particular causes or programmes or simply how we interact with other people.

Benefits of Contributing to Others

Contributing to others on a regular basis allows us to connect with other people and there's an abundance of studies that demonstrate why it is essential for human beings to connect with others. Here are a few benefits of contributing to other people:

- Doing a new activity to help others can get us to do something that is good for us

like exercising.

- It feels good when we do something for other people.
- Our day-to-day experiences improve when we contribute to others
- It provides us information about things that are useful for us. For example, it can tell you about the things you want to do in life

Think about the questions mentioned above and associate them with your own feelings and thoughts. Write your notes.

.....

How can you bring more contribution into your life?

.....

Silence Holds the Power

You can't change your mindset if you always keep doing the same things in a same fashion. Making changes is essential for enhancing your mindset. Therefore, you must do things differently. One of the techniques that can help you change is embracing the sound of silence. Many people think of this as strange. After all, with such a busy life and so many distractions, it can be hard to find peace and silence. We have filled our lives with so much noise that it is hard for us to value silence. However, you must value silence if you wish to change your mindset.

Silence will provide you with space to think and allow your thoughts to wander through your mind. You'll become aware of your feelings and you will be able to relax. You'll have the space to come up with new ideas, reflect on your thoughts and find new insights about yourself that you were unaware of previously. Silence allows you to spend time with your own self.

How Do You Find Silence in Your Life?

- Find a quiet spot in your home or outside where no one would disturb you.
- Sit up straight and start mediating at a quiet place.
- When you are home or travelling, keep the TV or radio off. This will really help you enjoy some silence.
- Keep your mobile phone switched off for some time and don't read a magazine or newspaper for a while.

- Ditch people that are disturbing your silence or your life for that matter.

Activities for You

Answer the following questions to find more silence.

Q. 1 Where can I find more silence in life?

Hint: Unique locations, garden, hills, secluded beaches, caves

.....

Q.2 What benefits am I getting from the silence?

.....

Adapting Growth Mindset

It can be hard for you to rewire your mind because it often requires you to admit that you're standing in your own way. When you have been involved in unfavourable behaviours or patterns that held you back, it'll be hard for you to let go of them. However, you must realize that your past doesn't define you. You can always change and let go of you past self to develop a better mindset. An experienced coach can help you resolve the issues that are holding you back. However, there are some techniques you should try yourself to enhance your mindset. Before starting, you must understand what motivates you to change.

Why Do You Want to Change?

Why do you want to change? What's motivating you from the inside to change? What's the reason for you to change your mindset from one that is fixed to one that promotes growth? For example:

- You may want more success in your business
- You may want to develop more self-confidence
- You may want to tackle more challenging tasks to enhance your skill set
- You may want more peace in your life

Now, make a list where you'll write the advantages of changing your mindset and disadvantages of not changing. In a separate column, write any additional notes. Create columns like this:

Advantages of Changing the Mindset	Disadvantages of Not Changing the Mindset	Notes

For example, taking more challenging projects at work will enhance your skill set and make you more competent. However, continuing to do easy projects will lead to a career plateau.

Also, think about how often you feel that you're getting the things you expect or want from life. Do you think you're making progress towards your life goals? Is there anything holding you back? Do you need to rewire any thought patterns?

Keeping reminding yourself why you want to change. The reasons for changing your mindset should always be in your mind – they'll empower you to change.

Focus on What Is Important and Allow It in

When you focus on what you want in life, your mind's capacity for everything undesirable will shrink. By focusing on what's important, you create a solid pattern of more thoughts about the things you want and appreciate. Focusing on what is important to you and allowing it into your consciousness isn't too hard. We'll show you how you can do it.

Create Reality

First, you need to find a quiet place where you can relax. Then, create four columns on a piece of paper with the top four important areas of your life – areas that you wish to focus on. For example:

- Health
- Career
- Relationship
- Environment

Next, you need to think about what is important for you in each of the vital areas of your life. For example, for 'career', you may have to find a stable job or run a successful business. For all these statements, write the reasons behind you wanting them. For example, you may want to run a successful business because:

- Money provides you happiness
- You want to secure the future of your children
- You want to live a comfortable life

This exercise will activate your desire and thinking about why you want something in particular in life. It is essential for a 'why' to be there. Without that, you can't progress from a fixed mindset to a growth mindset. Do this exercise every day and see how you'll find it easier to try out new things and get closer to what you truly want from life. You won't hesitate to try out new things or take on more challenging tasks when you have trained your mind to realize what's important for you. Your mind will be rewired and you won't hold yourself back.

Fear of Change

When you have a fixed mindset, you'll be interested in showing people that you are smart instead of learning more. When you are interested in showing others that you're smart, you fear failure and change. You want to keep doing the things you are good at. This can stem from feelings of ridicule or rejection you may have experienced in your childhood – events that the unconscious part of your mind stores. However, you are probably not actively aware of this.

In order to transform your mindset, it is essential for you to fight your fear of change. For that, do this exercise.

Think about all the changes that you really want to make in your life. It could be a career change or maybe it's going to the gym and realizing your fitness goals. Ask yourself: Why are you scared of change? What's holding you back from changing your career or going to the gym? Then, grab a piece of paper and on one side of it, write down everything you are scared of. For example, if you are scared about changing careers and starting your own business, write down everything that scares you about starting a new business. Then, flip the paper and write down everything you would be scared of if you didn't change on the other side. This exercise will remove the doubt from your mind and help your conquer your fears about change.

Find Your Counter-Thoughts

Prior experiences shape your thoughts. The thoughts that are not producing favourable results for you or the results you wish for are called counter-thoughts. Some prominent examples of counter-thoughts include limiting beliefs, self-doubt and other negative things that don't allow you to fulfil your purpose. About 70,000 thoughts go through a normal person's mind each day. Unfortunately, for most people, majority of the thoughts are negative. Negative thoughts occur so many times that you probably aren't even aware of how they shape your actions.

For example, when you see yourself in the mirror, do you hear that little evil voice that passes disparaging remarks about you? The same voice also points out unnecessary spending choices while we are making our monthly budget and makes us hesitate when we are about to attempt a new task.

We all have different negative thoughts. We allow them to ruin our dreams without even knowing about it. When that voice is spouting you off constantly, it is hard to develop a growth mindset. It repeatedly makes you say negative things like, *"that task is too hard for me, I can't do it", "I am not just cut out for that", "I can't exercise", "I am not qualified"* and so on.

You cannot transform your mindset unless you exterminate the negative thoughts from your head. The only way you can eliminate negative thoughts is by focusing on them. In order to pay attention to negative thoughts, notice when that voice tells you something and determine how often it speaks to you. You will likely find that you can narrow down the limiting thoughts in your

head to some key themes. Noticing such negative thoughts is an essential step towards changing the mindset because you cannot change what you have not acknowledged.

Once you have identified the negative thoughts in your head, you must find a way to stop them from controlling you and holding you back. For that purpose, the right technique is to transform the negative thoughts into positive. For example, when you look in the mirror, don't let your inner voice make disparaging comments. Instead, force yourself to say, *"I look good!"*

It will take you some time to turn your negative thoughts into positives ones. But, you must give an eviction notice to your negative thoughts because they can't co-exist with positive thoughts. There isn't enough space in your mind for both negative and positive thoughts.

Another technique you can use for shutting those negative thoughts is the "if, then" method. Once you have identified when your negative thoughts usually show up, you can apply a simple thought process to think past them.

For example, you plan to go the gym after work to exercise and lose weight. But, when you reach home, your negative thought shows up. If the voice starts telling you that you are too tired and you're not going to lose weight no matter what you do, then immediately walk to your closet and put on your gym gear. You'll often find that just taking a single step towards the right direction can help shut those negative thoughts. Prepare some "if, then" statements to counter negative thoughts.

Willpower and Motivation Aren't Enough

Some people think that mindset can be changed through willpower and motivation only. It is no wonder that such thoughts are prevalent because that's a common advice given by most life coaches and motivation gurus.

Maintaining motivation can be very hard regardless of the goal you are trying to achieve and that is when willpower kicks in. Our willpower works like a fuel tank. At the beginning, the tank is full, but the supply gets depleted every time we use it. Here is what we mean:

You are trying to eat a healthy diet and lose weight. You go the gym with your friends and on your way back, they suggest to have pizza for lunch. Your willpower steps up and you say no to them. Great!

Then, you decide to workout at the gym after office, but end up getting late because you had to resolve a client's issue. Staying late has already depleted your willpower and the stress of dealing with client issue does not help. When you return from work, you aren't able to go to the gym because you are too tired.

It doesn't take long for us to give up our important goals when we're relying on willpower and motivation for achieving them. They are not always enough. People with a growth mindset recognize this reality.

In order to achieve your goals and change your mindset, recognition is essential. You must recognize that achieving goals doesn't mean white-knuckling for success. When you accept this important fact, you won't mentally punish yourself for not sticking to your original plan. Thus, you'll stay optimistic to try again and won't give up on your goals.

Start Small to Finish Big

Some people may find this strategy for changing the mindset strange. However, it is an effective approach to change the mindset. Starting small refers to setting tiny and achievable goals. How small or tiny? Perform one-push. Walk for ten minutes. Learn one new skill. Complete one new task. Read one chapter of a book.

If your major goal is to lose weight, then your tiny goal could be to walk for ten minutes or to complete one push-up only. If you wish to enhance your skill set, your small goal could be to learn one new skill every month. These kinds of mini-goals require almost no willpower or motivation to achieve.

Here is the trick: Make a small goal and realize that you goal is simple and easy to achieve and you can even do more because it's so easy. Many times you'll end up doing more and feel great

about it because you are overachieving. Some days when you do only the minimum; you will still feel good because you have met your small goal.

How can such small goals make an actual impact? It is because a major change requires tiny steps, repeated every day which create a momentum and yield more positive results in the long-term. Some people with growth mindset understand this. However, most people don't try this kind of strategy because they feel that starting small is pointless. They are wrong. Over time, hitting your tiny goals constantly will help create new growth mindset habits and that is serious progress towards changing your thinking and enhancing your mindset.

Don't Worry About Failure

It is important for you to understand that changing mindset is hard work. In order to change the mindset, you'll have to get comfortable with failure. Many people give up when they come up against an obstacle. People with growth mindset realize that if they don't try, they won't achieve their goals. They understand that they'll face many obstacles and even failure. But, they don't let the fear of failure stop them from doing something. What separates people with a growth mindset from those who have a fixed mindset is that they are mentally prepared for failure. They know that it will come and it does not scare them. When they do fail, they evaluate reasons for failure and make the required adjustments to do better next time.

In order to change your mindset, you must allow yourself to fail. Tell your mind that failure is inevitable and every one fails at some point in life. It'll take away the pressure of getting an ideal end result. That will help you learn from your mistakes and make require adjustments to keep moving forward.

Change Will Come

Congratulations! Now you know how you can transcend from a fixed mindset to a growth mindset. We have provided the techniques and exercises you need to perform to enhance your mindset. Remember that it won't be easy to change your mindset and you can't expect to change the way you think in a matter of weeks or months. It will take time before you start seeing real progress. After all, we are talking about rewiring the mind to think differently.

You are altering the thought patterns of your mind and really battling yourself to change. Thanks to this guide, you have the tools in your arsenal to battle your mind and fight yourself to change. Now all that's required is perseverance. Keep on working towards a growth mindset by following our advice. You'll surely see the results of your progress. If you need help, know that you can always approach Sarah Jones for assistance.

Recap

Here a short recap of everything we have learned in this eBook.

In the first chapter, we learned why mindsets are important and how a fixed mindset is different from a growth mindset. Then, we learned how a human brain creates a mindset and our experiences shape our thoughts. In the third chapter, we looked at how a fixed mindset can hold us back from achieving our true potential. Then, we found out about the potential of a growth mindset. In the sixth chapter, examples of famous people who have achieved success in life owing to their growth mindset were highlighted. Then, we demonstrated the benefits of having a growth mindset and how it can affect our life for the better.

Next, we saw how we can determine the kind of mindset we have. In the "Changing the Mindset" chapter we talked about the techniques and exercises that should be performed to change the mindset. We discussed the things one must do to change a fixed mindset into a growth mindset. Finding silence, accepting failure, letting go of old patterns, reviewing the past situations and focusing on things that are important will help you enhance your mindset.

At the end of the book, we want you to answer these questions to review your progress and see

what you have learned.

Q) What is the difference between a fixed mindset and a growth mindset?

Q) What are the benefits of adopting a growth mindset?

Q) What should you do to change your mindset?



Author's Biography

Sarah Jones is a seasoned personal, life, business and career coach. Born with an entrepreneurial spirit and an insatiable drive to help others find their happiness, she founded her successful coaching business to help people find purpose, meaning and direction in their lives and careers.

As a qualified coach in personal, corporate and executive coaching, Sarah runs Sarah-J Coaching. She helps people and businesses bust through blocks, identify a clear path and navigate their lives, careers, and businesses to fulfil their individual ideals of success.

She works with individuals on a one-to-one basis for personal and career coaching and both one-to-one and group basis for businesses. She has also devised several programmes to help people personally to reach their desired potential. Sarah is also a regular speaker and media commentator.

She is based in Hertfordshire, UK and has local, national and international clients

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