

Self Confidence Quest

Video 2

Developing a Growth Mindset, Step 2

Step 2: Perspective

You may not always be able to change what happens around you, but you always have a choice of how you respond, react, and how you view the situation.

When you catch your fixed mindset persona with a limited thought, ask yourself, what else might be going on here?

What is a more realistic and optimistic way to look at this situation?

What are the good aspects of this situation?

How can I look at this differently?

Here are examples of rephrasing fixed mindset thinking as growth mindset thinking. Be on the lookout for any time you hear your fixed mindset persona taking over your internal dialogue, such as the reactions to the triggers you identified or the following common fixed mindset thoughts, you can change your perspective to a growth mindset:

- When you hear yourself thinking something like: “What if you’re not good enough? You’ll be a failure.”

Change it to: “Everyone starts out not being good and successful people all fail along the way.”

- When you hear yourself thinking: “If it’s this hard, you’re probably just not good at it.”
Change it to: “If it’s hard, it means I need to put in more effort and it will be a great achievement when I get good at it.”
- When you hear yourself thinking: “If I don’t try, I can’t fail and I will keep my dignity.”
Change it to: “If I don’t try, I have already failed and I have no dignity.”
- When you hear yourself thinking: “It’s not my fault.”
Change it to: “If I don’t accept whatever part of this is my responsibility, I give away my power.”

Go back through the fixed mindset triggers you identified and what your persona tends to tell you and rewrite a NEW thought from the growth mindset perspective:

My fixed mindset trigger thought:

My replacement growth mindset perspective:

My fixed mindset trigger thought:

My replacement growth mindset perspective:

My fixed mindset trigger thought:

My replacement growth mindset perspective: