

# Self Confidence Quest

## Video 2

### Developing a Growth Mindset, Step 1

Now that you know what a growth mindset is and why it is such an important belief system, you can begin to practice this way of thinking.

### **Step 1: Awareness**

#### **Awareness of Your Self-Talk and Fixed Mindset Triggers**

Everyone has an internal voice, and part of this voice is an inner critic, inner hater, or inner doubter—it is the fixed mindset persona. You can hear this persona within the negative self-talk that happens in your thoughts and mind. It can sound like:

- I'm not good enough.
- I will probably fail.
- I can't do this.
- I don't want to risk it.
- I shouldn't have to try so hard.
- If I'm not naturally good at this, I should just quit.
- It's not my fault.
- This makes me uncomfortable, I'm not doing it.
- Why try if it won't change anything?

What does yours often sound like?

***Give your fixed mindset persona a name.*** Naming it helps you remind yourself that this mindset—or habit of thinking—is not who you are!

I will call my fixed mindset persona: \_\_\_\_\_

**Identify your triggers.** What situations tend to trigger your fixed mindset persona?

- When you're thinking about taking on a big challenge or learning something new? \_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When you're thinking about making a change?

\_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When someone criticizes you?

\_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When you fail at something?

\_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When something goes wrong? Do you beat yourself up or blame someone else?  
\_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When someone else makes a mistake? Do you judge them? Criticism them?  
\_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When you're under pressure or on a deadline?  
\_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When you procrastinate or are feeling lazy?  
\_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When you have a conflict with someone?  
\_\_\_always \_\_\_ sometimes \_\_\_never

What does your fixed mindset persona tell you when you're in this situation?

- When your reputation is at risk or you worry what others will think?

\_\_\_ always \_\_\_ sometimes \_\_\_ never

What does your fixed mindset persona tell you when you're in this situation?

### **Awareness of Your Reaction**

Ask yourself, how am I rationalizing or judging the situation?

How am I beating myself up or blaming others?

What is the fixed mindset telling me?