GGC - GROW, Week 3
8-21-23

- Everyone has a fixed mindset to some degree. Now that I know the difference and I know I can change, I am developing a growth mindset.

- Challenges, risks, and failures do not reflect that I am a failure, they are opportunities for me to grow and improve.

- I care more about the process and the journey and who I become along the way than I do about the outcome.

- I am glad that I am not perfect and that I never will be because it means I am not limited to where I am today.

- What other people think about me is none of my business. I no longer allow other people's opinions and judgments to hold me back from living a life of fulfillment and reaching my potential.

- I am always looking for the meaning and lessons contained in all situations that can help me fulfill the greater purpose in my life.

- I move past the discomfort of making mistakes quickly because I learn the lesson and allow it to help me improve so I can do better next time.

- I know that no one starts out great at something and so I am willing to try new things and practice skills I would like to have, putting in the time and effort I know it takes to master this area.

- I am the master of my thoughts, emotions, and actions and I do not give my power away by reacting to others criticism, judgment, or actions in a negative way.

- Having to exert effort in order to be good at something is a good thing because it shows me that I am capable of learning and improving. I love knowing I am not limited to my current strengths.

- I love knowing that even if someone else may be more naturally talented in an area than I am, a person with better work ethic will out perform a person with talent every time.

- I know that most truly successful people have failed their way to success.

- I have skills and knowledge today that I didn't have before because I learned and grew in those areas, so I know I can develop any ability I want.

- If my talents, abilities, and intelligence are not fixed, this means my potential is truly limitless!