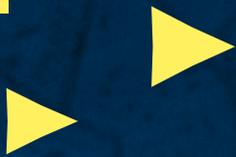


USEFUL FOR:

Understanding what a mindset is, what type of mindset you might have, and what to do if it's preventing you from achieving what you want.

**READY.
MINDSET.
GO.**



Fight or flight? Do you persist with difficult tasks or throw in the towel? It's all about your mindset.

What is a mindset?

A mindset is a series of beliefs people hold about themselves. Someone's mindset is the reason they think and act the way they do; it gives them their attitude towards the world and their outlook on life. Therefore, your mindset has a big impact on your wellbeing and sense of achievement in life.

Types of mindsets

There are two different kinds of mindsets.

GROWTH MINDSET

Someone with a growth mindset will stick to a task even when it proves difficult because they believe they can learn and develop through dedication and hard work. They are likely to:

- › Welcome challenges.
- › Be open to new things and ways of learning.
- › Recognise that failure is an opportunity to learn.
- › Know their weaknesses, and work to improve them.

FIXED MINDSET

Someone with a fixed mindset is less likely to accept a challenge because they believe traits like intelligence or talent are set at birth. They are likely to:

- › Practice negative self-talk by saying things like "I can't do it".
- › Avoid tasks where there may be failure.
- › Not deal very well with setbacks.
- › Try to hide or justify their mistakes.

How to change your mindset ...

It is possible!

Here are some tips for turning your mindset from fixed to growth:

- › "I can't do it ... yet!" Tell yourself that you can do it. You'll have a better chance at succeeding, even if it doesn't happen straight away.
- › Challenge accepted. Next time you are presented with a tricky task, embrace it. Even if you struggle along the way, you can be sure that next time you'll do better.
- › Work hard. You can't reach goals without some effort. Put the hard work in and you'll be able to enjoy the rewards.
- › Ain't no such thing as perfect. There's always room for improvement. Put forward your best effort, practice your skills and work on learning new ones.
- › Celebrate the big successes, and the small ones.
- › Be open to new ways of doing things. Don't knock it until you try it!
- › Don't let setbacks get you down. Setbacks can serve as a great way to learn. It doesn't mean you've failed – just that you need to try something different.

To wrap up

- › A mindset gives someone their outlook on the world around them.
- › Growth mindsets are more useful in life than fixed mindsets.
- › Adopt a growth mindset by taking every opportunity to learn, grow, and improve yourself.