

How To's

TRANSFORM YOUR MINDSET

Learning Outcomes

The goals for this How To are for you to be able to:

1. Understand the key difference between the fixed and growth mindset.
2. Transform your mindset.

Shopping List

You will need:

- A quiet moment.
 - This downloaded fillable PDF.
- or
- Printed out version of the exercise and challenge.

Happy Learning!

Sometimes it can feel as though your thoughts, your ideas, your actions, your mindset are all set in stone. This is not true! The brain is a muscle, and can be trained and re-trained however you like.

While you might feel now that you are stuck in a fixed mindset, don't worry - dive into this How To and transform your mindset into a growth one!

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Fixed vs. Growth Mindset

Author Carol Dweck has studied why people do or don't succeed. Her answer? The mindset that you adopt.

Her research led to two main mindsets (fixed and growth) and shows the difference these make in terms of the outcomes.

It is fundamental to have the right mindset in order to make your dreams into reality.

It can be said that having a growth mindset is essential for success.

FIXED MINDSET

Avoids challenges, afraid to fail.

Gives up quickly with obstacles and set backs.

Effort is pointless, you simply possess talents, intelligence is fixed.

Ignores criticism, not able to handle it.

Feel threatened by the success of others.

GROWTH MINDSET

Accepts challenges, tries it out, learns from this.

Pushes through with obstacles and set backs.

Effort is part of it, talent and intelligence can be developed.

Open for criticism, and to learn from it.

Inspired and learns from the success of others.

Mindset Exercise

The mindset you adopt, and behaviour you show can be the difference depending on the situation you are in.

But how can we adopt a growth mindset? Fill out the reflection exercise!

In 2 minutes write down as many examples, as you can come up with, of a fixed mindset you see within yourself.

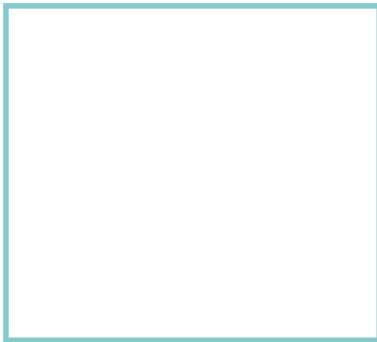
In 2 minutes write down as many examples, as you can come up with, of a growth mindset you see within yourself.

7 Day Challenge

Now that you are more aware of your fixed and growth mindset examples, do the 7 day mindset challenge.

For every day of the week take a moment to reflect on the moment you observed a fixed mindset that day and note down what action you are going to take to change this thought into a growth mindset.

MONDAY



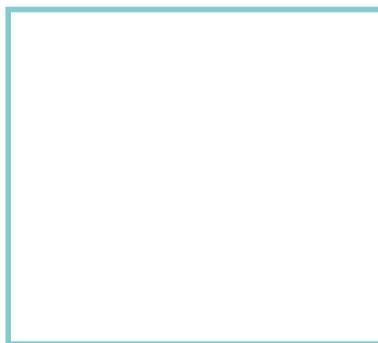
TUESDAY



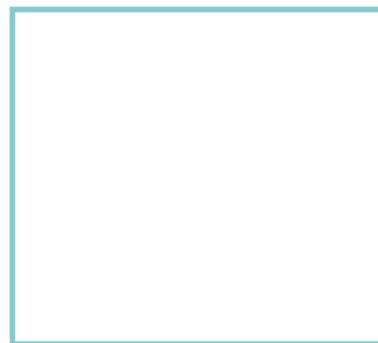
WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



The Last Tips

Congratulations, you now know a little bit more about changing your mindset!

However, as practice makes perfect it's now the time for you to get out there and start practicing and transforming your mindset as much as possible!

Here are some tips to keep in mind:

- 1 Awareness is key.
- 2 Practice, Practice, Practice.
- 3 Try to learn as much about Growth Mindset as possible.
- 4 Don't let people with a fixed mindset bring you down!
- 5 Reflect on your progress!

Extra Inspiration

Article: [The Two Basic Mindsets](#)

Podcast: [Growth Mindset](#)

Video: [Developing a Growth Mindset](#)

Website: [Doors Open](#)