

Mindset by Carol Dweck

- 💡 With purposeful engagement (practice, training and method), I can manage to increase my attention, memory, judgment; and literally become more intelligent
- 💡 I will develop a passion for stretching myself (through risk and effort) and stick to it (especially when things are not going well)
- 💡 I only fail when I stop growing, reaching for the things that I value and fulfilling my potential
- 💡 Effort creates real intelligence and talent; becoming is better than being
- 💡 I will face, deal with and learn from problems; rather than blame, complain or defend
- 💡 Failure will not define me; instead, it will provide me opportunities to grow and learn
- 💡 Effort is the key to progress - rich, educates, connected effort works best
- 💡 A growth mindset will enable me to love and value what I do despite outcomes
- 💡 I will look for themes and underlying principles - learning for the sake of teaching others rather than being measured
- 💡 Praising effort over ability provides more sustainable results in others
- 💡 Failure is simply a lack of skill and/or experience; both can be gained with consistent effort over time
- 💡 With a growth mindset, I can take something useful from any environment
- 💡 I will create environments that encourage a growth mindset in others
- 💡 It's all about character and mental toughness
- 💡 I will work hard, keep my focus under pressure and stretch beyond my ordinary abilities when I need to
- 💡 How good I am will always improve if I work harder
- 💡 To be successful, I need to learn techniques and skills and practice them regularly
- 💡 Real winners focus on being part of a team vs playing as individuals
- 💡 I will face my failures and keep faith in the fact that I will succeed
- 💡 I will improve by examining my mistakes and building my skills
- 💡 I will focus on longer term goals over what feels good in the moment
- 💡 I am no better than anyone else and will place importance on the needs of others as well as my own
- 💡 I will welcome change and new ideas regardless of the source
- 💡 I will guide rather than judge
- 💡 I will let my devotion to growth keep my ego in check, keep me connected to reality and keep me in touch with my humanity
- 💡 To understand all is to forgive all
- 💡 I'll be damned if I'm going to sit here and feel sorry for myself
- 💡 I am capable of growth and change; so is my partner; so is our relationship
- 💡 A good, lasting relationship comes from effort and from working through inevitable differences; there is constant tension between the forces that hold us together and those that can tear us apart
- 💡 Just as there are no great achievements without setbacks, there are no great relationships without conflicts and problems along the way
- 💡 What is the mature thing to do?
- 💡 In a relationship, the growth mindset lets us rise above blame, understand the problem and try to fix it - together
- 💡 In our relationship, we will help each other do the things that we want to do and become the people that we want to be
- 💡 Praising intelligence harms motivation and performance
- 💡 Skills and achievement come through commitment and effort
- 💡 Speed and perfection are the enemy of difficult learning
- 💡 I will teach vs. judge; it's a learning process
- 💡 I will become fascinated with the process of learning
- 💡 Teaching is about watching something grow - and figuring out how to make it happen
- 💡 I will create an atmosphere of trust over judgement
- 💡 I will focus on hard work, new strategies and seeking input from others
- 💡 What can I learn from this? How can I improve? How can I help my partner do this better?
- 💡 When I learn and practice new things, my brain changes to form new connections
- 💡 Opening myself up to growth makes me more myself, not less
- 💡 Vowing is useless; what works is creating and sticking to a vivid, growth-oriented, concrete plan - no matter how I feel
- 💡 My suit of armor no longer protects me; it now constricts my growth and cuts me off from satisfying, mutual relationships
- 💡 I am capable of intimacy and growth-oriented communication; developing, understanding and using new skills
- 💡 I will listen to others again and apply my growth mindset
- 💡 I will approach new material in interesting and enjoyable ways - the effort of learning can be fun and useful
- 💡 I realize that willpower needs help - a concrete and visual plan of action designed to produce meaningful results
- 💡 I will search for and leverage new strategies to change my unproductive behaviors to success habits that produce meaningful outcomes
- 💡 When faced with setbacks, I will expect my fixed-mindset persona to be triggered, but will let him calm down and then ask growth-mindset questions: What can I learn from this? What will I do next time when I'm in this situation?
- 💡 I will communicate clearly and compassionately - even when my fixed mindset has been triggered
- 💡 I will practice laughing when I feel that my "rules" have been violated
- 💡 I am a work in progress - and will continue to work in order to maintain progress
- 💡 I will move from "judge-and-be-judged" to "learn-and-help-learn"
- 💡 What are the opportunities for learning and growth today? For myself? For the people around me?
- 💡 When, where and how will I act on my (new) plan? What do I have to do to maintain and continue the growth?