

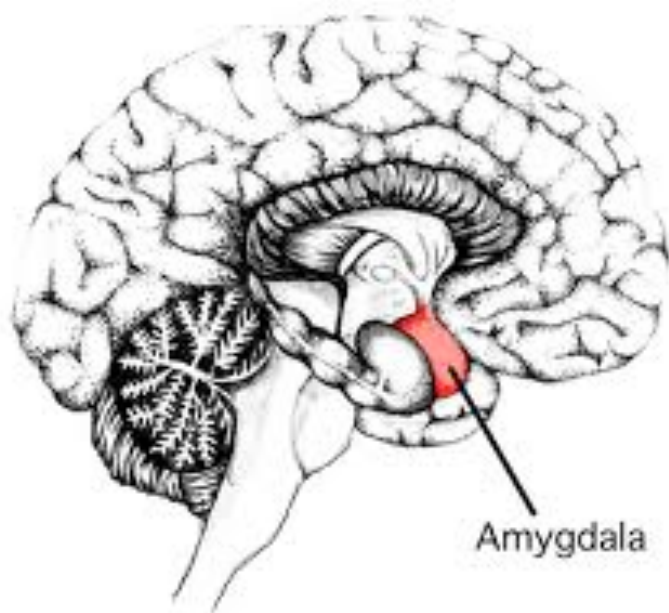
Growth Mindset

Glen Sharp

Problems?

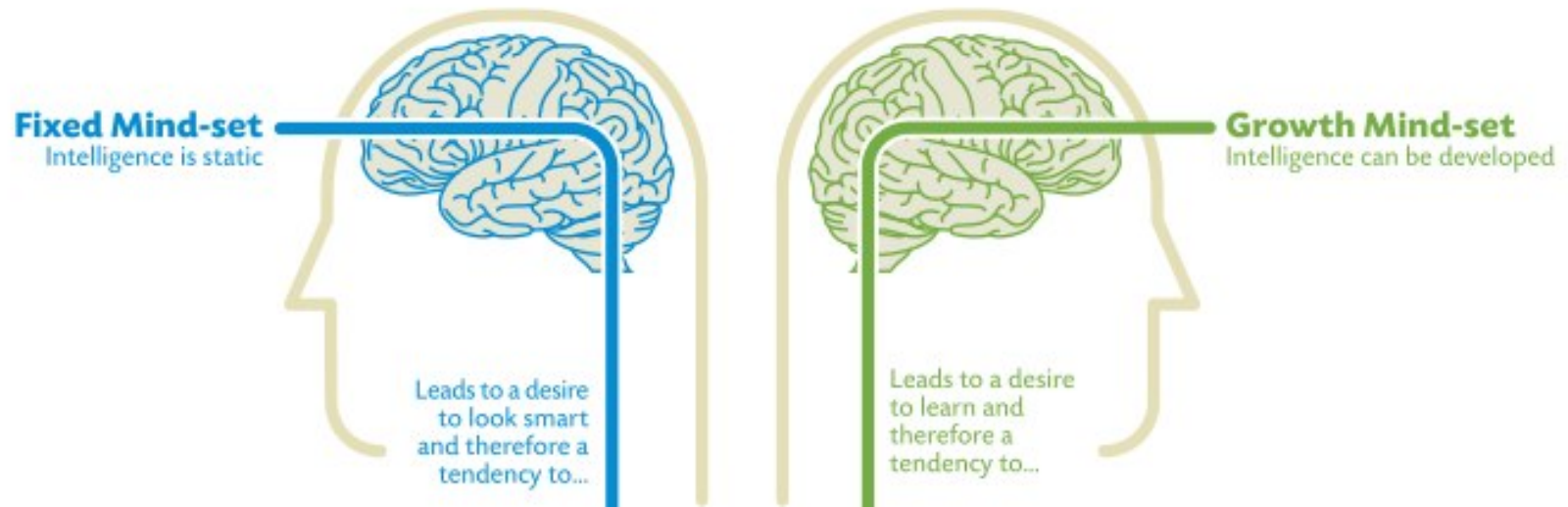
- Fear of Failure
- Discouraged by Obstacles
- Too much Effort
- Hurts to be Criticized
- Maybe won't measure Up

Lizard Brain



**Nothing more
important than...**

Fixed vs. Growth Mindsets



Challenges

CHALLENGES

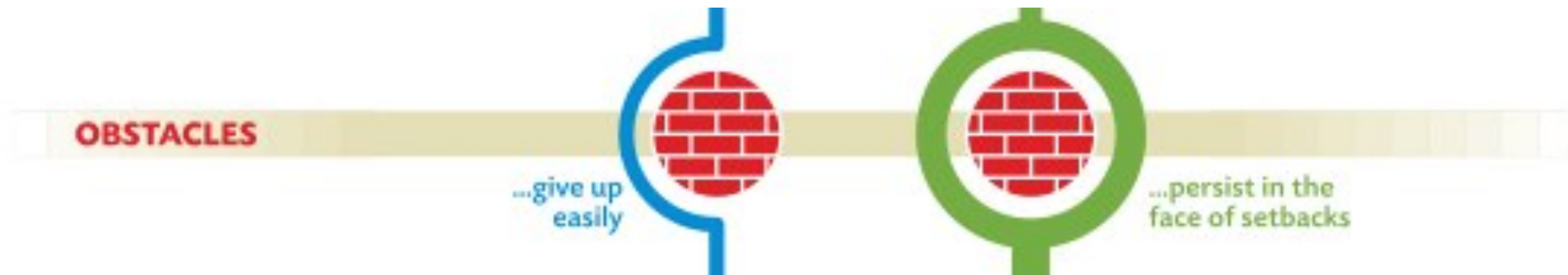
...avoid
challenges



...embrace
challenges



Obstacles



Effort

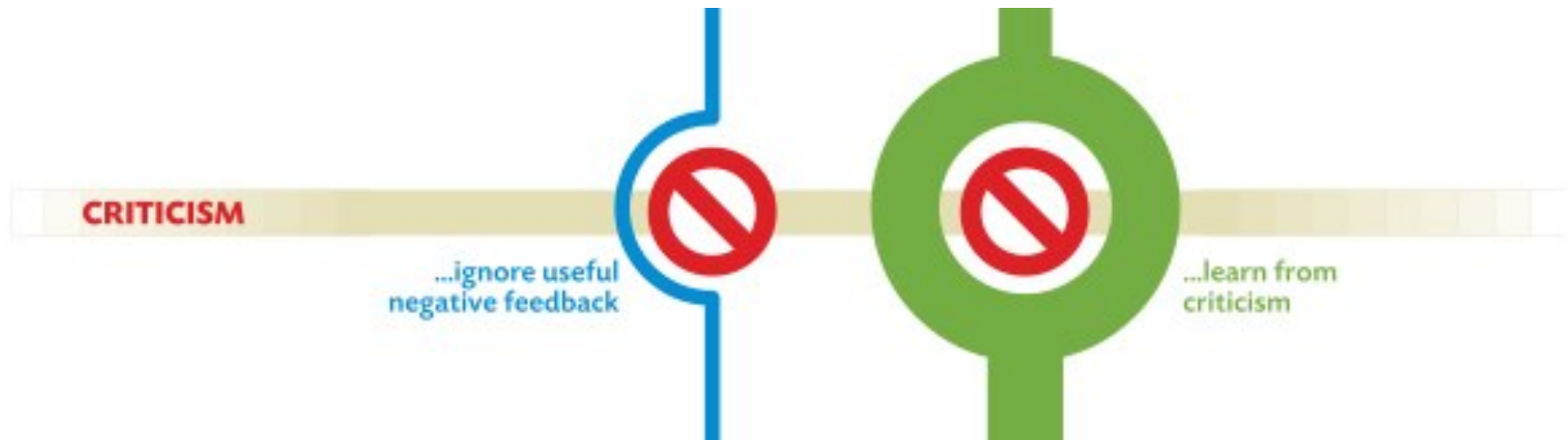
EFFORT

...see effort as
fruitless or worse

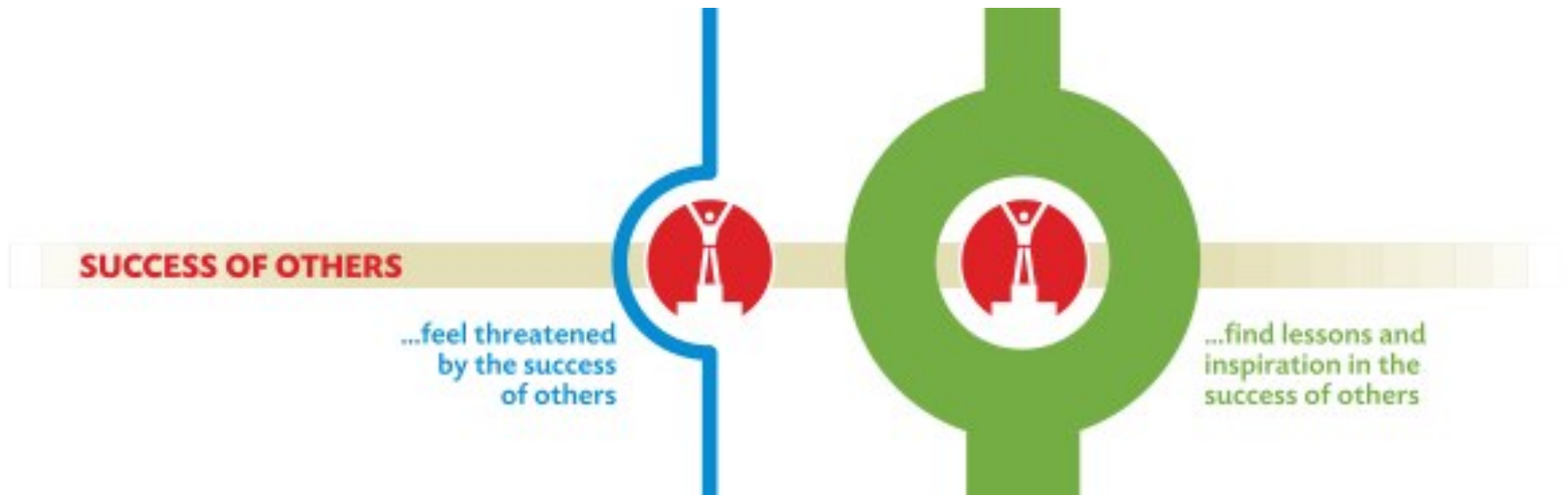


...see effort as
the path to mastery

Criticism



Success of Others

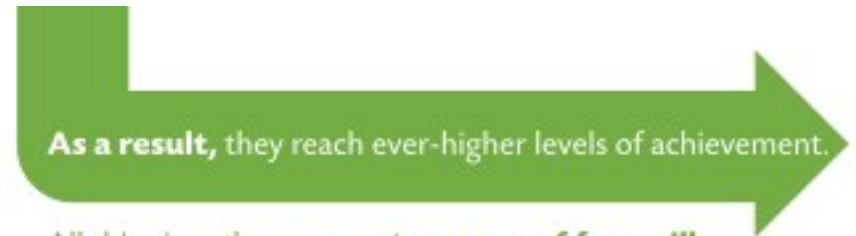


Result



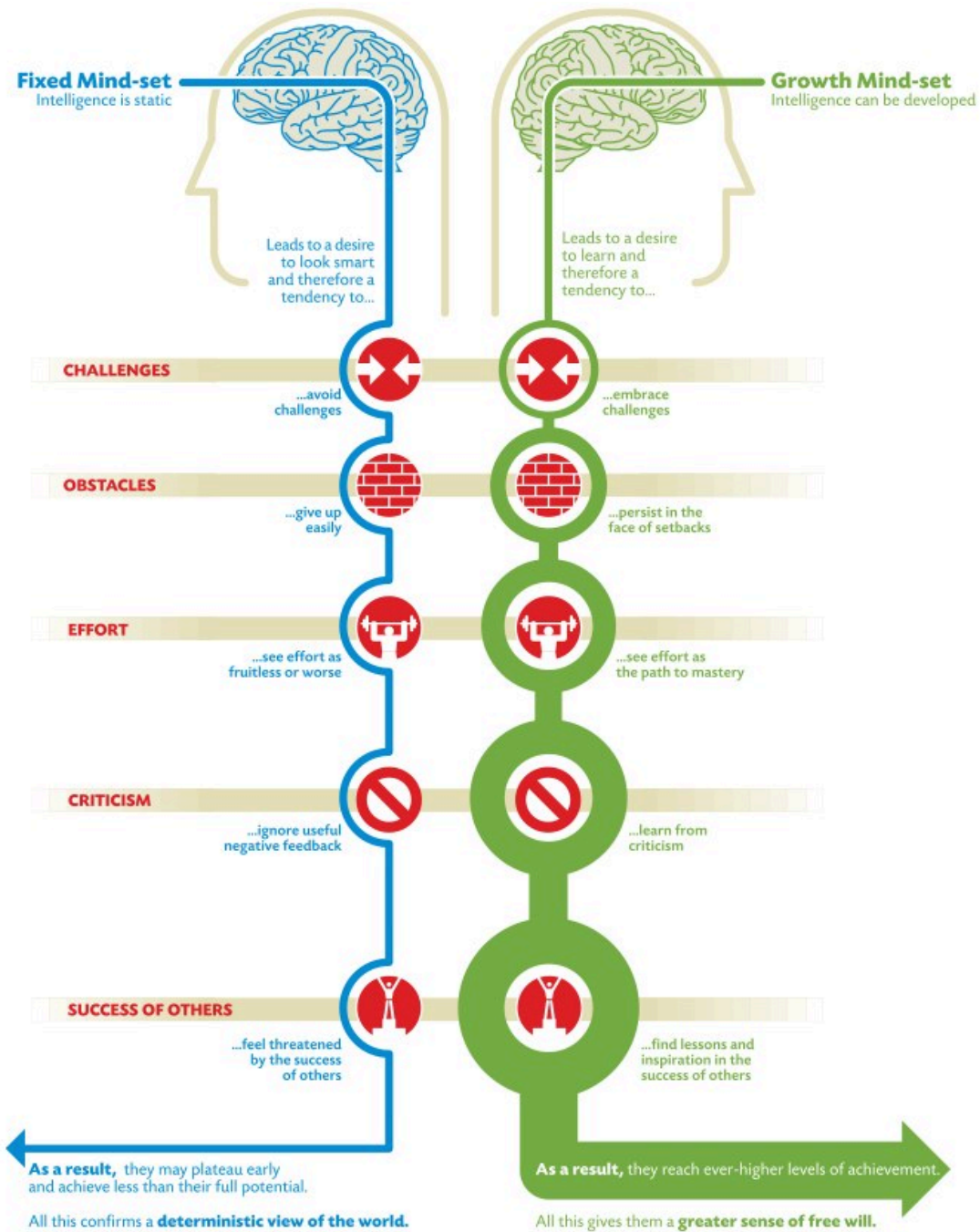
As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world.**



As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**



Growth Mindset Benefits

- Deal with problems
- Higher levels of achievement
- Continued Growth
- Become a better person
- Laugh and be happy
- Loved by (almost) all

Action

1. Take the Mindset test

- Embrace Challenges
- Persist over setbacks

2. Adopt the Growth Mindset

- Effort as the path to mastery
- Find lessons and inspiration in the success of others

3. Build Confidence through stage time

4. Read Growth Mindset by Carol Dweck