



Growth Mindset Discussion Notes

Growth Mindset v. Fixed Mindset?

- Open to change
- Development, learning and exploring
- More fulfilling and happier
- Trying new things v keeping to old things
- Open mindedness – willingness to listen v trapped in status quo
- Pushing boundaries and getting out of comfort zone
- Being limitless
- Greater appreciation – have more opinions

Benefits of a Growth Mindset?

- More adaptable/flexible
- See the opportunities
- Develop resilience
- Believing in ourselves
- Dare to live/work in different countries/experiences (richer experiences)
- More interesting and opportunity to thrive as a person
- Helps you handle stress better
- More likely to succeed and expand

How can we cultivate more of a Growth Mindset?

- Need our heads in a good space? Mindful not mind full
- Being clear on purpose and goals – more driven to expand comfort zone
- Learn through others and their experiences and perspectives
- Volunteer – put ourselves in different situations, network, meet different people



- Surround yourself with positive/growth – average of 8 people
- Push boundaries/ make decisions like it's the last day of your life
- Value in trying – efforts (not outcomes)
- Take time to reflect – away from heart of the moment
- Counter neg. self talk
- Challenge thinking
- Get out of comfort zone – learn new things
- Say yes

Takeaways and actions

- Improve on receiving feedback
- Mindfulness
- Look at people I spend with
- Be open to Growth Mindset
- Self-care
- Easier to say no and be fixed
- Be aware of when I'm not acting with growth mindset
- Limit time with others/help them to see this
- Go in accepting/disassociating other
- More knowledge/experience is power
- Success in trying
- Reminder to remain curious
- Power of "yet" – never reach island of one day
- Capture and reframe neg. thought