

The Mindset That Leads to Success

Accelerating Excellence with Del Gilbert Podcast Episode #74 - Resource Guide

*"Success people see themselves as a work in progress,
unsuccessful people see themselves as the finished product."*

WHAT IS THE GROWTH MINDSET?

The **Growth Mindset** is the belief that talent, intelligence, and personality can be improved with effort. Someone with the Growth Mindset believes life is a *journey* and the goal is to *improve* ourselves.

The **Fixed Mindset** is the belief that that talent, intelligence, and personality cannot be improved. Someone with the Fixed Mindset believes life is a *test* and the goal is to *prove* ourselves.

WHAT ARE THE BEHAVIORS OF THE GROWTH MINDSET?

Challenges

Someone with the Growth Mindset embraces challenges.
Someone with the Fixed Mindset avoids challenges.

Failures

Someone with the Growth Mindset looks at failures as temporary, helpful, and an opportunity to do better next time.
Someone with the Fixed Mindset looks at failures as permanent and hurtful.

Feedback

Someone with the Growth Mindset seeks feedback and wants to learn from it.
Someone with the Fixed Mindset avoids feedbacks and becomes defensive.

Potential

Someone with the Growth Mindset has unlimited potential because of their willingness to try new things
Someone with the Fixed Mindset puts a ceiling on their potential because of their unwillingness to try new things.

WHAT ARE THE BENEFITS OF THE GROWTH MINDSET?

1. **You begin to Fear Less**
2. **You Live with More Joy**
3. **You Become More Resilient**

If you are determined to learn, nothing can stop you.
If you are unwilling to learn, no one can help you.

When you are through growing, you're through.

"I want to be learning so fast that I am constantly surprised at how stupid I was 2 weeks ago."
-Alan Weiss
