

Create A Growth Mindset For Success

# CREATE A GROWTH MINDSET FOR SUCCESS



Learn to create a growth mindset  
that leads to success

# Create A Growth Mindset For Success

**Learn to create a growth mindset that leads to  
success**

## Create A Growth Mindset For Success

### Contents

Introduction.....	5
What Is Mindset?.....	7
The Two Main Mindsets that Create Your Reality - Fixed and Growth.....	8
The Traits and Characteristics of a Fixed vs Growth Mindset.....	9
Fixed Mindset .....	9
Growth Mindset.....	10
Examples of a Fixed vs Growth Mindset.....	11
What People Say with A Fixed Mindset.....	11
What People Say with a Growth Mindset .....	11
21 Ways to Foster a Growth Mindset for Success .....	13
1 - Remember 1 Simple Thing .....	13
2 – Change Your Surroundings .....	15
3 – Get up and Get Moving .....	17
4 - Write Out Your Goals, Both Short and Long-Term .....	19
5 – Give Yourself a Wake-Up Call – Write Your Obituary .....	20
6 – Build a Growth Mindset by Using the Power of Reframing .....	21
7 - Be Honest about Your Imperfections and Shortcomings.....	22
8 - Try New Things .....	24
9 -Don't Just Try to Learn One Way.....	25
10 - Throw Out the Words "Failing" and "Failure" .....	27
11 – The End Result Is Not As Important As the Process .....	28
12 - Give Your Life Purpose .....	29
13 – Seek out and Embrace Constructive Criticism .....	31
14 – Don't Worry about Speed, Focus on Growth.....	33
15 – Growth Is Personal – Stop Playing the Comparison Game.....	34
16 - Every Time You Achieve a Goal, Set Another .....	36
17 – Understand That Constantly Seeking Approval Can Stop Growth .....	37

## **Create A Growth Mindset For Success**

17 - Reward Action over Character Traits like Intelligence.....	38
18 – Reflect, Reappraise and Replan.....	39
19 – Give Yourself Some Downtime.....	40
20 – Own Your Attitude .....	42
21 – Don't Forget to Use the Word "Yet" .....	43
Conclusion .....	44