**READY. MINDSET. GO.**

**USEFUL FOR:**
Understanding what a mindset is, what type of mindset you might have, and what to do if it’s preventing you from achieving what you want.

**Fight or flight?** Do you persist with difficult tasks or throw in the towel? It’s all about your mindset.
How to change your mindset ...

It is possible!

Here are some tips for turning your mindset from fixed to growth:

› “I can’t do it … yet!” Tell yourself that you can do it. You’ll have a better chance at succeeding, even if it doesn’t happen straight away.

› Challenge accepted. Next time you are presented with a tricky task, embrace it. Even if you struggle along the way, you can be sure that next time you’ll do better.

› Work hard. You can’t reach goals without some effort. Put the hard work in and you’ll be able to enjoy the rewards.

› Ain’t no such thing as perfect. There’s always room for improvement. Put forward your best effort, practice your skills and work on learning new ones.

› Celebrate the big successes, and the small ones.

› Be open to new ways of doing things. Don’t knock it until you try it!

› Don’t let setbacks get you down. Setbacks can serve as a great way to learn. It doesn’t mean you’ve failed – just that you need to try something different.

What is a mindset?

A mindset is a series of beliefs people hold about themselves. Someone’s mindset is the reason they think and act the way they do; it gives them their attitude towards the world and their outlook on life. Therefore, your mindset has a big impact on your wellbeing and sense of achievement in life.

Types of mindsets

There are two different kinds of mindsets.

GROWTH MINDSET

Someone with a growth mindset will stick to a task even when it proves difficult because they believe they can learn and develop through dedication and hard work. They are likely to:

› Welcome challenges.
› Be open to new things and ways of learning.
› Recognise that failure is an opportunity to learn.
› Know their weaknesses, and work to improve them.

FIXED MINDSET

Someone with a fixed mindset is less likely to accept a challenge because they believe traits like intelligence or talent are set at birth. They are likely to:

› Practice negative self-talk by saying things like “I can’t do it”.
› Avoid tasks where there may be failure.
› Not deal very well with setbacks.
› Try to hide or justify their mistakes.

To wrap up

› A mindset gives someone their outlook on the world around them.
› Growth mindsets are more useful in life than fixed mindsets.
› Adopt a growth mindset by taking every opportunity to learn, grow, and improve yourself.