

# *Benefits of a* *GROWTH MINDSET* CHECKLIST



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## What Is A Growth Mindset

A growth mindset is when you believe that your talents and strengths can be developed as you age. This development occurs through work, learning from others, explicit effort, and engaging in practice.

The growth mindset is contrasted with a fixed mindset, in which one believes that your talents are innate to you when you are born and do not evolve much throughout your life.

## What Is A Fixed Mindset

Having a fixed mindset means you believe that your qualities are already inside of you when you are born and that these change extraordinarily little over time.

Because of this, a fixed mindset often leads to people feeling they must prove their abilities or worthiness repeatedly or to compete against others for top honors to show their worthiness.

Because those with a fixed mindset do not believe they can gain more intelligence, talent, or moral character in their lives, they are continually having to defend their aptitudes and demonstrate them to others.

## 14 Benefits Of The Growth Mindset

### You Can Form Stronger Relationships

- ✓ When you have a growth mindset, you appreciate and accept that you can learn a lot from other people, including your partner or spouse.
- ✓ Being growth-oriented, you enjoy learning from your friends, co-workers, family, and loved ones, which means you are more interested in them.
- ✓ Your long-term relationships tend to be strong because you accept that your partner may be able to push you as a person and help you grow over time, and you like that they encourage you to learn new things.
- ✓ Those with a growth-oriented way of viewing themselves will be more open and accepting of others, will have more empathy toward others, and can admit when they are wrong, which makes it easier for others to get along with you.
- ✓ When you embrace your ability to grow and change throughout life, other people will trust and gravitate toward you.

### You Will Enjoy Life More

- ✓ When you embrace a growth-focused attitude, you can enjoy all that you do, even those things that you are still learning about or have never tried.
- ✓ A growth mindset permits you to do things, even when you are terrible at them, and still enjoy doing them.
- ✓ This is very freeing and gives you permission to try new things and experiment with life, which makes it more exciting and fun.

## You Will Gain Self-Knowledge and Insight

- ✓ When you focus on continuous growth and improvement, you learn a great deal about yourself and become surprisingly good at analyzing your own strengths and weaknesses.
- ✓ Those who value learning are better able to determine what they need and can reflect upon their performance and personal status to help identify ways to continue to improve themselves.
- ✓ When you are not afraid to be honest with yourself and examine your talents as well as your areas for improvement, you can learn a great deal about who you really are.

## A Growth Mindset Teaches You to Value Challenges

- ✓ Those with a growth-oriented outlook see challenges as opportunities rather than something to be avoided.
- ✓ When you encounter an obstacle or setback, you can learn to love these chances for self-improvement because it is through challenges that you learn a great deal.
- ✓ Challenges and failures are opportunities to see what works as well as what does not and to try out new methods of problem-solving.
- ✓ Those with a growth mindset learn to accept and even enjoy challenges because of the many lessons they learn from these.
- ✓ When you stop fearing failure and focus instead on what it can teach you, it opens more possibilities in your world, too.

## **Feel More Confident with a Growth Mindset**

- ✓ When you do not think you can grow or change, you become incredibly nervous about every mistake and stumble you make in life.
- ✓ Those with a growth mindset appreciate that they can learn from their mistakes, which gives them the confidence to try again and to remain strong in the face of adversity.
- ✓ Learning new things can help you feel more competent, as well, but those with a fixed mindset resist these opportunities.

## **Gain Perseverance And Resilience**

- ✓ A growth mindset helps you bounce back from adversity, failure, and trauma, whereas a fixed mindset makes it more likely that you will ruminate on these setbacks and be unable to move on with your life. This means that a growth mindset helps you develop perseverance and resilience, two traits that are key in just about any type of success in life, be it personal or professional.

## **You Will Value All Learning Experiences**

- ✓ Those with a growth mindset value all learning opportunities, whether they be through formal education or by learning from life. In fact, when you embrace this type of thinking, you realize that those times in your life where you feel proudest and most competent are when you have finally mastered something difficult or worked through a challenging problem.
- ✓ When you have an attitude of learning, you see all experiences as chances to improve yourself.
- ✓ Even the worst situations have something to teach us all, and you can appreciate this about life.

## You Can Stop Seeking Approval from Others

- ✓ Those with a growth mindset are more focused on improving themselves and learning from life, which means they spend less time worrying about what other people think.
- ✓ And because you see all things as possibilities and opportunities, you lose the worry about whether something is “good” or “bad,” which can keep you living in a state of fear and concern over what others think about you.

## You Can Stop Trying to Be Perfect

- ✓ Those with a fixed mindset worry that everything is always a test of their innate abilities, which can leave them feeling like they must always be perfect. This need for constant perfectionism is wearing and can result in anxiety and depression.
- ✓ When you value growth and learning, though, you can stop feeling the pressure for perfectionism and embrace your imperfections as opportunities for development.

## It Will Help You Take Responsibility for Your Life

- ✓ When you have a growth mindset, you are better able to accept what has gone wrong in your life, including your role in those decisions, without making excuses or blaming others.
- ✓ When you focus on learning from your mistakes, you can see how you played a role in your setback or situation, and you can accept that you have more to learn in all things in life.
- ✓ Taking responsibility for yourself and your actions is essential, and those with a fixed mindset have difficulty doing this.



## You Won't Mind Taking Risks in Front of Others

- ✓ When you have a growth mindset, you not only embrace learning for yourself, but you also see the importance of others' growth and development, too.
- ✓ Those with a growth mindset are more likely to take risks, and they are also more likely to do so in front of others who can benefit from their own experiences.
- ✓ A fixed mindset leaves you afraid of making a mistake or others knowing of your weaknesses, so you shy away from taking chances that might embarrass you. But a growth outlook values imperfection and learning, so there is no need to be shy about allowing others to view your attempts and possible failures.

## A Growth Mindset Understands that Single Outcomes Don't Define You

- ✓ When you embrace learning and continual growth, you see that all experiences, even those with less-than-positive outcomes, are to be valued and that there is always a chance to try again later.
- ✓ Failures or setbacks are only temporary and can be solved with the right time, knowledge, and effort.
- ✓ When things do wrong, you learn to let it go and move past it.

## Ability To Better Handle Transition In Life

- ✓ A growth mindset gives you the ability to handle changes and transitions because you view these types of events not as negatives, but as learning opportunities.

## Stronger Ability to Self-Regulate

- ✓ Those who embrace a growth mindset are also better at regulating themselves and their emotions, and they exhibit more pro-social behaviors than those with a fixed mindset.

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