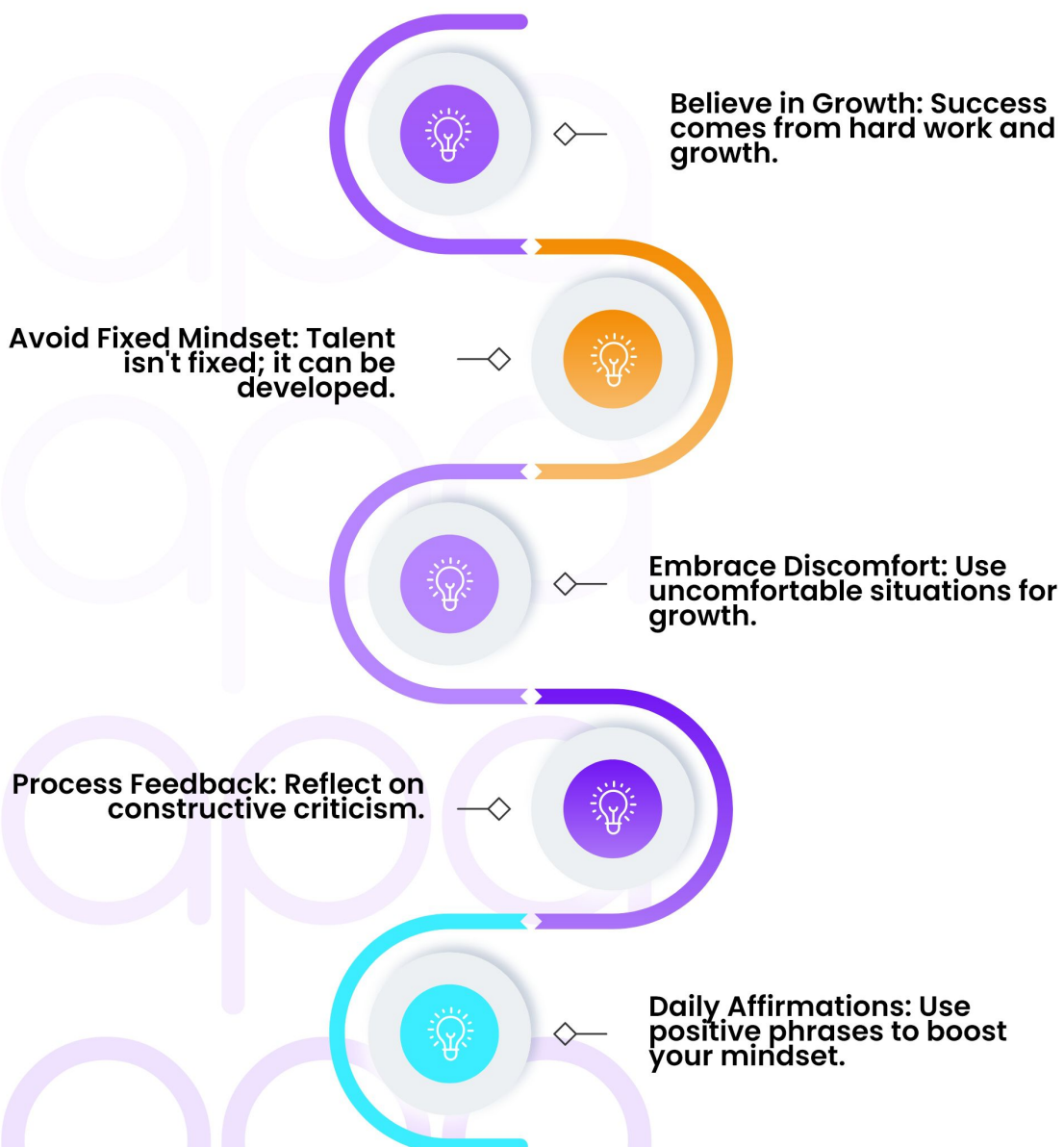


# Growth Mindset Predicts Success

Adopting a growth mindset fosters resilience, learning, and personal success. This approach emphasizes embracing challenges, processing feedback constructively, and combating imposter syndrome.



# Top 10 Teaching Points

1

A growth mindset is the belief that you achieve whatever you want if you're willing to work hard to expand and grow.

2

The opposite of a growth mindset is a fixed mindset, which is the belief that you're either born with a talent or you're not.

3

Fixed mindsets often lead to victim mindsets, where you start to think that outside factors control your life and you are powerless to change things.

4

If you struggle with something, it doesn't mean you will always struggle with it or are just inherently bad at it—it simply means there's room for you to improve.

5

Having a growth mindset means approaching even potentially uncomfortable situations with the intent to listen deeply and reflect on how to improve.

6

When you receive constructive criticism, instead of reacting right away, give yourself time to process the feedback and decide which parts of it align with how you want to develop.

7

An unfortunate, but all-too-common, side effect of having a fixed mindset is Imposter Syndrome—the fear that you are not capable of doing something and that you're going to be discovered as a fraud.

8

Comparing yourself to others, relying on external validation, and perfectionism are the major causes of imposter syndrome.

9

You can combat imposter syndrome by reframing your thinking and separating feelings from facts.

10

Practice daily affirmations: repeating positive phrases out loud every morning (or whenever your negative inner critic becomes too loud) can have a profound effect on your thoughts.

## KEY

# TAKEAWAYS

01

Reframing Challenges and Comparing Yourself to Others

02

Daily Affirmations and Positive Self-Talk

03

Combating Imposter Syndrome

04

Combating Imposter Syndrome

05

Embracing Challenges with a Growth Mindset