



THE BEAUTY OF MINDSET Is That It Can Be Changed

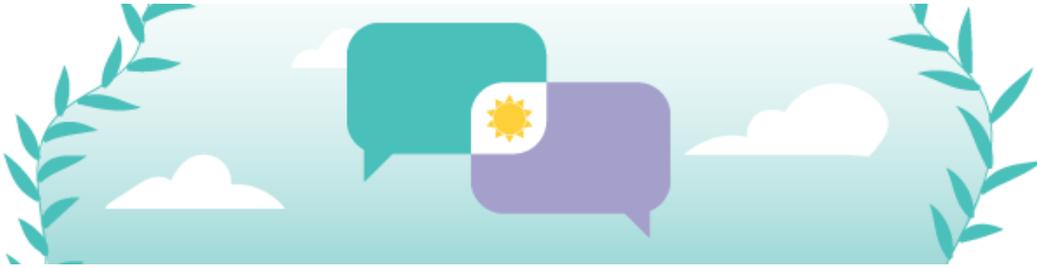
How do you see yourself? Is it “I am who I am, I can’t help it” or “I’m sure there’s more to my capabilities”? Well, according to experts, it’s all about mindset.

Some have a fixed mindset, some have growth but you know what’s worth noting? It’s that ‘mindset can be changed’. Here’s what Carol Dweck, Psychologist and author of the book ‘Mindset’ says about two mindsets -

FIXED MINDSET		GROWTH MINDSET
Intelligence is static	INTELLIGENCE	Intelligence can be developed
Desire to look smart	DESIRE TO	Desire to learn
Avoid challenges	CHALLENGES	Embrace challenges
Give up easily	OBSTACLES	Persist in the face of setbacks
See effort as fruitless	EFFORT	See effort as path to mastery
Ignore useful feedback	CRITICISM	Learn from criticism
Feel threatened by others success	SUCCESS OF OTHERS	Find lessons and inspiration in others success

“But why do I need a growth mindset?”, some may ask. Well, research says that people with a growth mindset are able to achieve results up to **3 times** better than those with fixed mindsets.

Now that we know why a growth mindset is crucial, let's look at some ways to built it -



Tell yourself that 'You Can'

Believe in your efforts, however small they may be, and appreciate them with constant positive talk. Tell yourself that "I can do this", "My failure doesn't define me", "I will get there one day" etc. Studies have shown that those who praise their efforts are more likely to have a growth mindset.



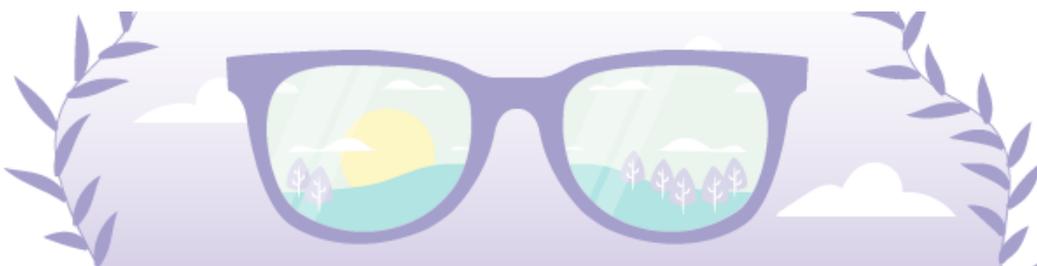
Yearn to learn

Avoid trying to be 'better than others' and focus on becoming 'better for yourself'. Ask metacognitive questions such as 'What could I do differently?'. This, as per studies, makes us task-orientated which is associated with self-motivation, high performance, and reduced anxiety.



Sky's the limit

See challenges as opportunities and aim for more. Like instead of "This is it", think, "Is this my best?". A study on limits showed that we're poor predictors of our best efforts. When pushed, we often surpass our own expectations. So try to set bigger goals and take baby steps.



Perspective is everything

We can train our brains to respond with a growth mindset perspective. Instead of “She’s so good at it, I can never be her”, think of “I will figure out how she does it”. For a perspective change, Experts also suggest writing down all possible ways you could respond to a challenge.

You see, our mindset can be changed over time and the best part is we don’t have to do it alone. We can talk to professionals 24x7 and seek practical guidance on growth mindset.

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