

MODULE 3:  
DEVELOPING  
POSITIVE HABITS

# MODULE 3: DEVELOPING POSITIVE HABITS

## Developing a Growth Mindset

**What is a growth mindset** - A growth mindset is the belief that our skills, intelligence, and abilities can be developed through hard work and dedication. It's not a magic formula for success; it just means that without this belief, we don't exert the needed effort to improve ourselves, so we remain stuck in our everyday habits that inhibit us from growing. With a fixed mindset, we are unable to break free from limiting beliefs that prevent us from achieving all that we desire whether that be in our careers or relationships.

We can build a growth mindset by embarking on a personal development journey. Personal development can include any skill that you build to improve yourself. Your emotions, thoughts, or behaviors. It doesn't really matter which skills you want to improve. The key to personal development is taking the right steps. Steps that help ensure that you reach whatever goal you are pursuing.

Developing a growth mindset could lead to a fuller, more meaningful life because you will be open to more experiences.

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**Do you have a growth mindset?** Do you believe that your intelligence and talent are fixed or can be developed? Do you believe that you were born with certain skills, or do you think that with hard work and dedication, you can learn new things? If you have a "growth mindset," then you probably believe that your ideas and beliefs are ever-evolving and that your knowledge grows with each new experience. A "fixed mindset" can stifle our growth and development. When we believe that our skills and intelligence are fixed, it can make us afraid to take on new challenges or experiences. We may also be less likely to engage in self-improvement activities, such as reading books or seeking out a coach or mentor because we don't want to feel like we're wasting time if our skills don't improve.

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## **Why does a growth mindset matter?**

People with a "growth mindset" enjoy challenges because they value learning and growth more than the people around them who think they know what they're doing. And because those people keep trying new things, they often don't know what they're doing. Still, those people with a growth mindset often build new skills and manifest something more easily because they believe they can and so they really work at it.

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## Key Differences Between Fixed and Growth

1. **Effort** - Fixed mindset people often delegate hard tasks or those they view as difficult to others. Growth mindset people, on the other hand, believe that good outcomes require exertion—effort is just a part of the process. In order to master a new task, one usually needs to apply energy whether mental, physical, or simply by using repetition over time.
2. **Challenge** - People with a fixed mindset avoid challenges and responsibilities because they fear failure and want to avoid criticism. In contrast, people with a growth mindset welcome challenges, knowing that they will learn something valuable from their experiences. They stick to it and master the challenge before moving on to ever greater accomplishments.

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3. **Mistakes and Feedback** - A person with a fixed mindset will be afraid of making mistakes because they see failure as a negative reflection of their abilities. They may blame others or be defensive when criticized. Meanwhile, a person with a growth mindset sees mistakes as opportunities to learn and improve. Being open to criticism helps one improve their ability to do better next time, which is another reason why having a growth mindset can lead to success.

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If you want to change your mindset from a "fixed" perspective to a "growth" mindset, here are a few examples of how:

- **Acknowledge and accept imperfections** - We all have our flaws, peculiarities, and weirdness--our imperfections. Like the small black mole on Marilyn Monroe's face, these imperfections make us unique. And self-love is a good thing.
- **Face your challenges bravely** - When facing a serious challenge, stop and think of it as an opportunity. This will help you to reframe the situation and engage with it more easily. Each challenge or opportunity invites us into a new experience that is a sort of adventure.

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- **Pay close attention to your words and thoughts**- It's important to pay attention to the words you speak, even the words in your mind. If your words are low or dark, the results may be also. So watch yourself. Listen to what you are saying and thinking. Censor yourself and become your own guide.
- **Stop seeking other's approval** - Approval from others can often prevent a growth mindset. Cultivate self-acceptance and self-approval. Learn to trust yourself. If you rely on other people's opinions of you to shape your own self-image, you will always be at the mercy of their opinions.



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- **Take a step deeper into authenticity-** When you pretend to be someone you're not, you disrespect the real person you are. You become a fake, and your relationships suffer as a result. Becoming truly authentic takes a lot of work, but once you do, it will drive you toward your true goals. This mindset is essential for growth.
- **Cultivate a sense of purpose-** If you feel like your life has purpose, define that purpose for yourself. If you're drawing a blank, ask that your life's purpose become clear to you through meditation or contemplation. Once you know what it is, pursue it--that's what'll help you build a growth mindset.

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- **Learn from the mistakes of others** - If you learn from the mistakes of others, you can make fewer mistakes yourself. This can help you feel more comfortable trying new things, which is an important element of developing a growth mindset.
- **Own Your attitude** - Developing a growth mindset can be rewarding, but it takes time and effort. Stick with it and you will reap the benefits. Cultivate resilience along the way. You are remolding your mind, so keep going!

# MODULE 3: DEVELOPING POSITIVE HABITS:

## EXERCISE

### Fixed vs. Growth Mindset

Replace this fixed mindset thinking with..

Growth mindset thinking

Avoid challenge

Embrace challenge

Be defensive and give up easily

Persist despite setbacks

Effort is worthless and fruitless

Effort is the path to mastery

Ignore all negative feedback

Learn from all criticism

Feel threatened by the success of others

Be inspired, and learn from other's  
success

Take a few minutes to evaluate how well you naturally change your fixed mindset to a growth mindset and set an action plan for the items that you need to work on.