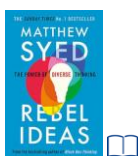




- 1. Start small, make it easy.**
Find things that have an impact AND are easy to do to build into a habit. Think realistically about time and effort.
- 2. Acknowledge and embrace imperfections and failures.**
Hiding from your weaknesses means you'll never overcome them.
- 3. View challenges as opportunities.**
Having a growth mindset means relishing opportunities for self-improvement. Replace the word 'failing' with the word 'learning'.
- 4. Cultivate a sense of purpose.**
Dweck's research also showed that students with a growth mindset had a greater sense of purpose. Keep the big picture in mind.
- 5. Embrace feedback.**
Learn how to give, ask for and receive feedback.
- 6. Hard work beats talent if talent doesn't work hard.**
The myth's been burst: genius requires hard work, not just talent.
- 7. Use the word "yet."**
Dweck says "not yet" has become one of her favourite phrases. Whenever you see people struggling with a new behaviour, just tell them they haven't mastered it yet.
- 8. Learn from others.**
Find a role model. See how they deal with success and failures and learn from it. It is important to realise that everybody has weaknesses.
- 9. Take risks in the company of others.**
Stop trying to save face all the time and just let yourself goof up now and then. It will make it easier to take risks in the future. Cultivate grit.
- 10. Take ownership over your attitude.**
Once you develop a growth mindset, own it. Acknowledge yourself as someone who possesses a growth mentality and be proud to let it guide you throughout your career.



Follow the research on brain plasticity and personality
The brain isn't fixed; the mind shouldn't be either.



Rebel Ideas: The Power of Diverse Thinking
by Matthew Syed
April 2020



Black Box Thinking: Marginal Gains and the Secrets of High Performance: The Surprising Truth About Success
by Matthew Syed
Apr 2016



Learn from Failure
by Amy C. Edmondson,
HBR interview
Apr 2011



The power of yet
by Carol S Dweck
TEDxNorrköping
Sept 2014