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Growth mindset

Mindsets are beliefs we hold about intellect, effort, and struggle.

Growth mindset describes people who believe that their success depends on time and effort. The belief that you are in control of your own ability, and can learn and improve.

What is Growth mindset?

Growth mindset is the belief that a person's abilities, intelligence, and talents can be developed and improved over time through dedication, hard work, and learning. This concept was popularized by psychologist Carol Dweck in her book "Mindset: The New Psychology of Success". People with a growth mindset embrace challenges and see them as opportunities to learn and improve, rather than as obstacles to be avoided. They also believe that effort and persistence are key factors in achieving success, and they are willing to put in the necessary work to achieve their goals.

On the other hand, people with a fixed mindset believe that their abilities and talents are innate and cannot be developed through effort or learning. They may avoid challenges and give up easily in the face of failure, as they believe that their abilities are predetermined and unchangeable.

Having a growth mindset can lead to greater motivation, resilience, and achievement in both personal and professional endeavors. By embracing challenges and seeing failure as an opportunity to learn and grow, individuals with a growth mindset are better equipped to overcome obstacles and achieve their goals. They are also more likely to seek out feedback and constructive criticism to help them improve, rather than feeling threatened by it.

Growth mindset vs Fixed mindset

- https://en.wikipedia.org/wiki/Mindset#Fixed_and_Growth_Mindset
- <https://www.techtello.com/fixed-mindset-vs-growth-mindset/>

Benefit Mindset

- https://en.wikipedia.org/wiki/Mindset#Benefit_Mindset

... leaders who promote well-being on both an individual and a collective level. That is, people who discover their strengths to make valuable contributions to causes that are greater than the self. → [About ALMBoK.com](https://almbok.com)

External links:

- <https://hbr.org/2016/01/what-having-a-growth-mindset-actually-means>
- <https://tophat.com/glossary/g/growth-mindset/>

- <https://www.brainpickings.org/2014/01/29/carol-dweck-mindset/>

capability

ToDo

-  - [Support Us...](#) →
- Learning from failure
- Embracing challenges
- Persistence and resilience
- Continuous improvement
- Positive thinking
- Seeking feedback
- Taking risks
- Openness to new ideas
- Passion for learning and development
- Flexibility and adaptability

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