

Week 8 Focus – Enabler: Mindsets and Beliefs

Focus Question: As you move towards your vision, what are the mindsets and beliefs that will help you?

“ Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So sail away from the safe harbor. Explore. Dream. Discover.”

Mark Twain

🧩 DESCRIPTION

Adopting a Growth Mindset

In both workbooks I write a little bit about the Growth Mindset, a term that was brought to life by Carol Dweck. Mindset is below the waterline and shapes our perspectives, behaviors and motivation. What mindsets do you have as you approach your work? What are the things that are going to help you grow, persevere and succeed?

Growth mindset is characterized by:

- Trying
- Ongoing Learning
- Something that is not perfect
- Coming to terms with that it might not be ready – yet!
- Trial and Error

The opposite of growth mindset is fixed mindset. When we approach tasks with a fixed mindset it needs to be:

- Perfect
- Complete
- From an expert perspective

What are the tasks you embrace regularly from a growth mindset perspective? Which do you embrace from a fixed mindset perspective?

🧩 ACTIVITY

What are the mindsets you are bringing to your work every day? Be specific in thinking about the last week or month. Note where you have been – in fixed, or growth mindset. What's needed?

Task	Mindset	Impact	Change/Keep as is

🧩 CONNECTION TO THE WORKBOOK AND PLANNER

Mindset in Iceberg – pages 25 and 26 (CBB and PDT)