

the ultimate

GROWTH MINDSET

CHEAT SHEET



THE COACHING MASTERS

*Success is not final; failure is not fatal;
It is the courage to continue that counts.*

-W. CHURCHILL

WHAT IS GROWTH MINDSET?

Growth mindset describes a set of beliefs and behaviors that allow people to increase their likelihood of success and achieving their goals by making them seek opportunities to learn, gain new skills, improve existing skills, become more resilient and enhance their character and willpower.

STEP #1

SHIFTING WHAT WE VALUE

EFFORT AND PERSISTENCE	OVER	INTELLIGENCE AND ABILITIES
PROCESS	OVER	OUTCOME
MISTAKES WE LEARN FROM	OVER	PERFECTIONISM
FAILING AT TRYING NEW THINGS	OVER	WINNING WITHIN THE COMFORT ZONE
DOING WHAT'S HARD/BORING BUT NECESSARY	OVER	DOING WHAT'S SHINY, NEW OR EXCITING
DEFERRED GRATIFICATION	OVER	INSTANT GRATIFICATION

STEP #2

BE AWARE OF YOUR LANGUAGE

<i>Instead of...</i>	<i>Say...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not good as X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.

STEP #3

KEEP A GROWTH DIARY ANSWERING THESE 3 PROMPTS DAILY



WHAT WAS SOMETHING NEW I LEARNED TODAY?



HOW DID I MAKE PROGRESS REGARDING
MY CURRENT GOALS TODAY?



WHAT CAN I DO TOMORROW TO JUST BE 1% BETTER?