



TO GROWTH MINDSET

WHAT IS THE STUCK MINDSET?



► An inability to move forward due to various factors such as fear, indecisiveness, lack of support, etc.

◀ Not knowing oneself, lack of support, negative influences, fear, indecisiveness, resistance to change, etc.



REASONS FOR A STUCK MINDSET

WHAT IS A GROWTH MINDSET?



► A belief in the ability to improve skills and achieve goals over time.

◀ Most people are in between stuck and growth mindsets. Effort is key, but it is not the only requirement. There are some limitations, and a growth mindset doesn't guarantee instant results.



UNDERSTANDING A GROWTH MINDSET

DEVELOPING A GROWTH MINDSET



- Determine your current phase.
- Understand why you want to grow.
- Seek examples and advice.
- Change your perspective on failure.
- Know your limitations.

- Set personal goals and share them for accountability.
- Reflect daily.
- Stop seeking approval.
- Embrace the word "yet."
- See challenges as opportunities.



CULTIVATING A GROWTH MINDSET

“ Every action with a positive purpose leads to growth. So, stick with it, and your stuck mindset will disappear before you know it. ”