



BEACON Chapter 4 Accountability

Lesson 3 – Maximising your mindset

ThriveAbility



Can we change,
or is it a case of
“you get what you
get, and don’t get
upset”?





Nadine's story

“I thought my only option were suffering or suicide”

“I noticed an almost instantaneous shift as I was taught the skills and mindsets to improve wellbeing. I realized I COULD change things”

“A growth mindset was my gateway to hope”



What is a mindset?

A mindset is a frame of mind, a recurring way of seeing things that reflects your deep beliefs and gives a particular view of yourself and the world.

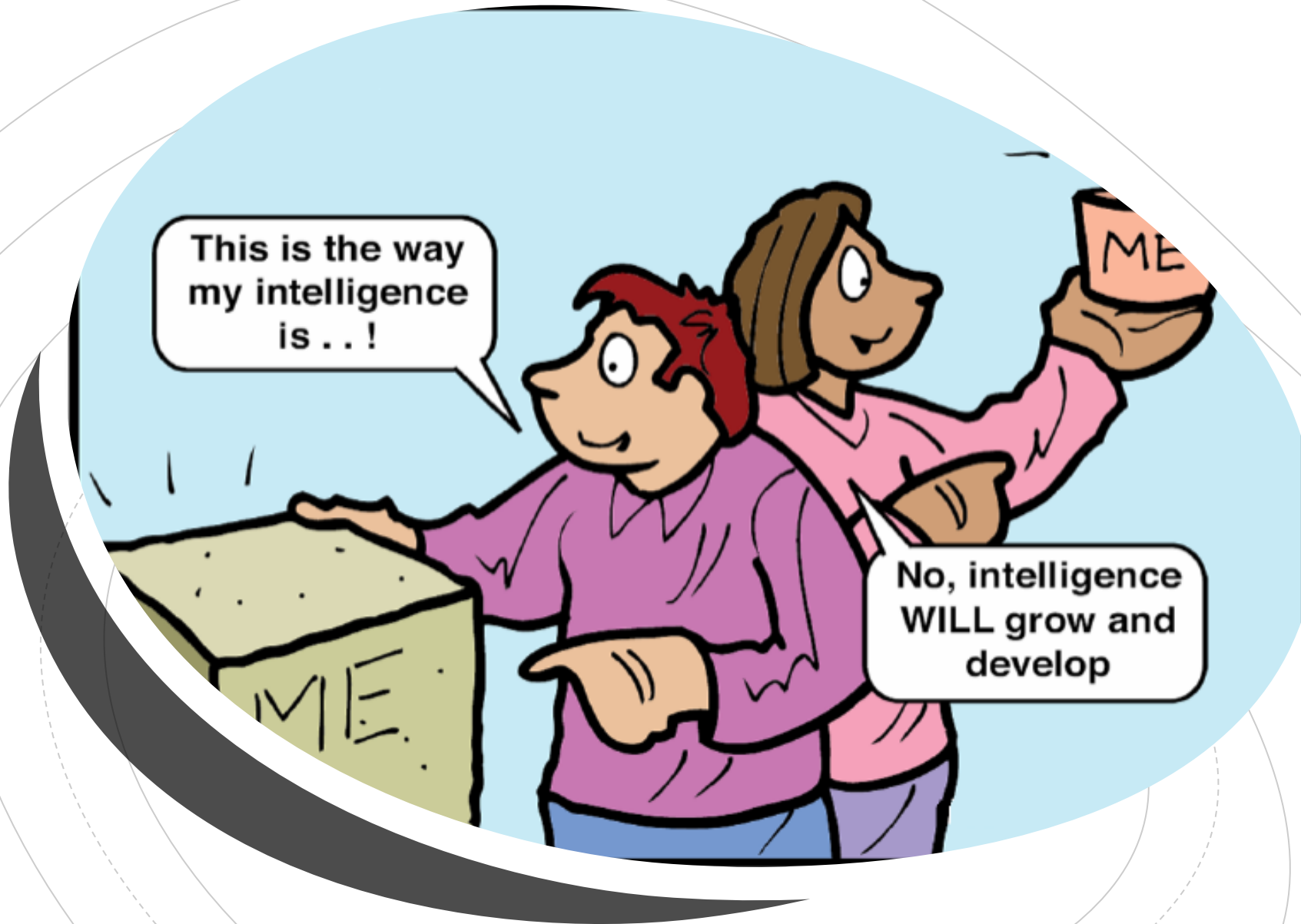


Why do mindsets matter?

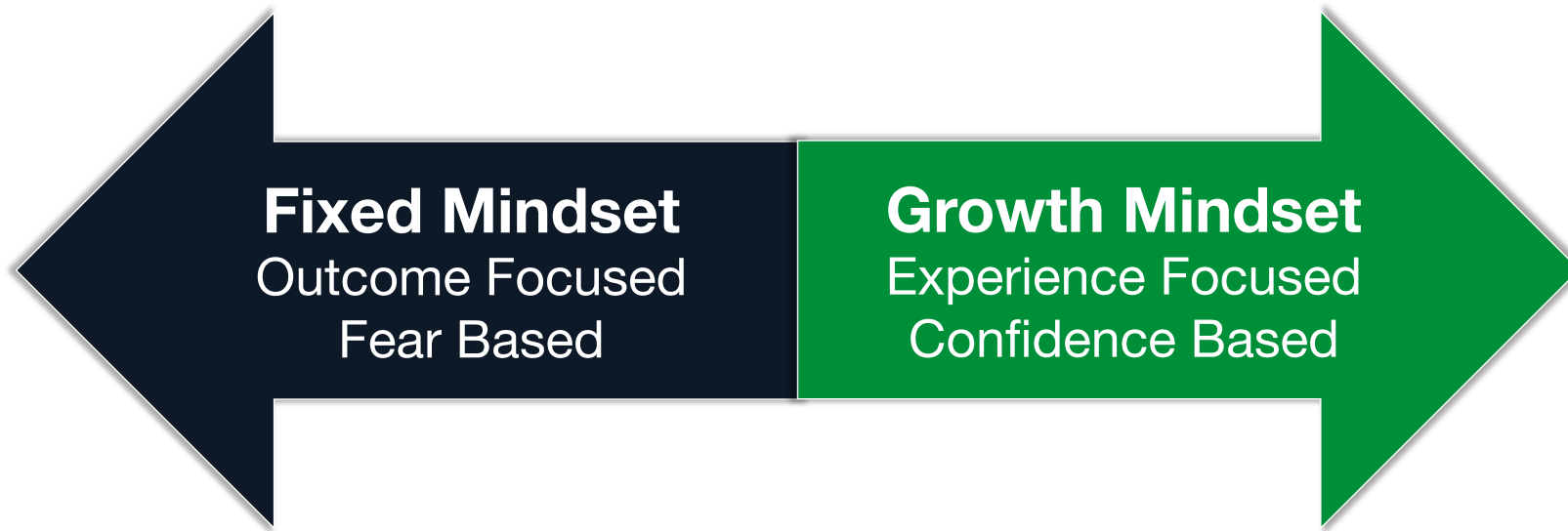
Mindsets are powerful, they dictate the goals we choose, the efforts we make, how we respond to challenge and failure.

They affect whether we are likely to reach our goals.





**What
MINDSET
Do You
Have?**



- I'm not really **talented** enough
 - Criticism is painful
 - Failure is fatal
 - To succeed I need to be in control and get the outcome
- With **effort** I'll keep improving
 - Criticism is part of learning
 - Failure is part of growth
 - To succeed I need to be willing to show up and give it my best shot

(Dweck, 2008, p 245)

What does a fixed mindset sounds like?

I am just not good at maths

I am not a runner

Others are who are good at making conversation are lucky that they have that gift.

I get anxious in a groups and there is nothing I can do about it

No one will hire me because I have been unemployed for so long



“More important than believing in your abilities, is the belief you can improve your abilities”.

Professor Carol Dwek

Top tip;
Adding “yet” gives us
somewhere to go, it
gives us hope and
indicates possibility
e.g. I can’t run 5 kms
“yet”



A close-up photograph of a seal's head above the surface of blue water. The seal has brown fur, a large dark eye, and long white whiskers. A semi-transparent white circle is overlaid on the left side of the image, containing text.

Will you sink or swim?

“The view we adopt for ourselves profoundly affects the way we lead our lives.

It can determine whether you become the person you want to be and whether you commit to and accomplish the things you value.”

Carol Dwek



Key points

- Mindsets are recurring ways of seeing ourselves.
- Mindsets affect the goals we'll set, how hard we will work toward them and how much we will persist.
- In a fixed mindset we believe we have a inbuilt and limited level of skills and ability when we're born and that we can't change that. All you can do is live within the range of what's predestined in your genes. This mindset is fear based and makes us fragile, fearing we will get caught short.
- A growth mindset believes we can change our natural talent, intelligence and abilities with effort.