

CHANGING A FIXED MINDSET TO A GROWTH MINDSET

FIXED

1. Focuses on abilities as being fixed traits (you have it or you don't).
2. Perceives challenges as failure and definitive.
3. Sees others' success as threatening or proof that you lack what is required

GROWTH

1. Focuses on abilities as something that can be learned and developed.
2. Perceives challenges as opportunity to learn and help you develop.
3. Sees others' success as evidence that skills can be developed with effort.

Write your fixed mindset thoughts about yourself in relation to fasting and healthy eating in left column. Now rewrite them as growth mindset statements in the right column,

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How are the columns similar and different from each other?

Which statements feel energizing or motivating to you?

Can you sense a difference in your body when you say the statements in one column vs the other ?

Practice using the statements that help you to feel capable, hopeful, or open .