

MASTERING YOUR MINDSET

Overview

- Mindset by Carol Dweck
- Mindset- a person's usual attitude or mental state
- Mindsets are just beliefs
- Mindsets frame the running account that's taking place in people's heads. They guide the whole interpretation process
- Mindset change is not about picking up a few pointers here and there. It's about seeing things in a new way.
- Two main types of mindsets: Fixed & Growth



Fixed Mindset

- Fixed- the belief that your qualities are fixed and unchangeable
- Attributes of fixed mindset:
- Always want to appear intelligent because they believe they were born with a fixed level of intelligence that cannot be modified.
- Believe willpower is a fixed quality dictating results
- The idea of trying and still failing-of leaving yourself without excuses is the worst fear within the fixed mindset.
- Two key limiting beliefs
- “If I have to work at it, it wasn’t meant to be”
- Problems/Challenges indicate character flaws

Growth Mindset

- Growth- the belief you can change, grow and acquire new skills
- Attributes of growth mindset:
 - Find success in doing their best, in learning and improving. Not just in winning.
 - Find setbacks motivating because they're informative, they're a wake up call
 - Took charge of the processes that bring success- and that maintain it.

Mindset Tips for Successful Weight Loss

- Recognize Weight loss/Health Mastery is a learning process
- Acknowledge mistakes, embrace and learn from them
- View challenges as opportunities
- Important achievements require a clear focus, all-out effort, and a bottomless trunk full of strategies.
- Prioritize learning over seeking approval
- Focus on the process instead of the result
- Choose weight mastery over rapid weight loss

