



Guides

Growth Mindset

**How to shift the way you think about
progress, failure, and change**

Keep going. Keep growing.

What's Ahead

- **When things start to change**
- **Why your brain isn't fixed**
- **How growth actually works**
- **Catching the fixed voice**
- **Using "yet" to stay in the game**
- **Turning setbacks into feedback**
- **Building growth through practice**
- **Putting it into action**

Before You Begin

I know how hard it can be to take that first step.
So if you've opened this guide... that already counts.

You've started.

Now let's keep that momentum going.

Grab something to write with, pen, pencil, whatever you've got, and a piece of paper or a notes app.

You don't need to write a lot.

Just take a few notes as you go.

But before you move on...

Try this now

Take 10 seconds.

Write down one thought you've had recently that sounds like:

"I'm not good at this"

"I can't do this"

"This just isn't for me"

Don't filter it. You'll come back to this later.



Adopting a Growth Mindset

"I'm someone who doesn't finish."

*"I don't do well in social situations.
It's overwhelming. I just shut down."*

"I can't seem to get started, even when it's something I want."

"I'm never going to be good at ____."

These weren't just passing thoughts.
They were things I said to myself, and believed.

When I looked at my life, I saw what felt like proof.

Half-finished projects. Missed chances. Habits that never stuck.
After a while, I stopped trying to explain it and settled on a
conclusion that felt final.

This is just who I am.

Then a difficult life event happened that forced me to stop and
really look at myself.

A breaking point.

A moment that made it clear I couldn't keep going the same way.

That moment sent me searching for something different.
Not a quick fix, but a new path.

Along the way, I picked up a book that opened a door I didn't even know was there. **Mindset**, by psychologist Carol Dweck introduced me to a simple but powerful idea.

The way we think about ourselves isn't fixed.

Even the parts of ourselves we assume are 'just who we are' can change...

That realization changed how I saw myself.

It opened up possibilities I didn't even know existed.

For the first time, I understood that the way I thought, reacted, shut down, the beliefs I had about myself weren't hardwired or permanent.

The patterns I had mistaken for personality weren't destiny. They were learned, reinforced, and with effort, changeable.

Not easily. Not overnight. But changeable.

That idea alone shifted something in me.

That idea became the beginning of a new path. A path that changed my life and eventually led to Positive Impact Path.

This guide is about that moment.

The moment you realize the beliefs you've been carrying about yourself, your limits, your flaws, aren't fixed. They can change with effort.

The Science Behind it

When I first learned about neuroplasticity, it felt like a revelation. Not just self-help talk, but a path to real change.

Your brain isn't a hard-wired circuit board. It's more like a living map, constantly redrawing itself as you think, act, struggle, and learn.

Every repetition matters.

Every attempt matters.

Every "I'll try again" strengthens a pathway, literally changing the physical structure of your brain.

Psychologist Carol Dweck's research showed something striking. People who believe their abilities can grow actually do grow more.

Not because they're smarter.

Not because they're more motivated.

But because they view effort and mistakes differently.

In studies with students, simply teaching the idea of a growth mindset changed outcomes.

When students understood that mistakes weren't proof of failure, but signals of learning, they stayed engaged longer.

They tried more strategies.

They didn't shut down when things got hard.

This shift in perspective changes how your brain reacts to mistakes. Instead of treating them as something to avoid, you start approaching them with curiosity.

So "I can't do this" becomes:

"That didn't work. What can I try next?"

Because when effort stops feeling like failure, and starts feeling like part of the process, the brain stays open to change.

So growth mindset isn't just self-help speak.

It's a wiring strategy.

Over time, this rewiring doesn't just change how you think.

It changes how you respond.

What you attempt.

And who you believe you're capable of becoming.

The best part?

There's no age limit to this process.

The brain remains capable of change and rewiring throughout your life.

But that change doesn't happen on its own.
It happens through what you repeatedly do and how you respond.

It responds to the cues you give it.

This is where you regain influence.

That cue doesn't have to be dramatic.

- It can be a choice to try again.
- Staying curious instead of shutting down.
- Looking at the same problem from a new perspective.
- A small action taken when motivation is low.

This is where the work comes in.

Not forcing change, but choosing the cues you give your brain,
again, and again.

That's what this guide was designed to help you do.

How to Practice a Growth Mindset

A Growth Mindset is built through what you do in moments of resistance.

It's about noticing when your brain wants to quit and teaching it a new pathway instead. Reframing mistakes as opportunities to learn and grow.

Five practices to start rewiring from the inside out:

1. Catch the Fixed Voice

That whisper that says "I'm just not good at this," "I'll never change," or "Why even try?" that's your brain's old pattern talking.

It's trying to protect you from failure, not realizing it's keeping you from growth.

The first step is simply noticing it.

When you bring awareness to it, you interrupt the pattern.

And that interruption is where change begins.

2. Add "Yet"

A small word with real impact.

"I can't do this" becomes "I can't do this yet."

When you say "I can't," your brain treats the task like a dead end.

Adding "yet" keeps your thinking brain engaged instead of shutting down.

It turns a dead end into a work in progress.

Putting it into Practice

Go back to what you wrote at the beginning.

Read it again.

Now add one word to the end of it:

"...yet."

Say it again with that word added.

"I can't do this."

becomes

"I can't do this... yet."

It's not a dead end anymore.

It's something in progress.

It doesn't fix everything.

But it opens the door.

That one word keeps your brain in learning mode instead of treating it like a dead end.

3. Reframe Failure as Feedback

Every stumble, every setback carries information.

Ask:

What worked?

What didn't?

What can I try differently?

This doesn't mean ignoring frustration. It means recognizing that the frustration is part of the process.

That friction you feel isn't a sign to stop. It's a signal that your brain is working through something new. Lean into it.

Studies show that treating mistakes as feedback doesn't just change how you feel, it helps your brain learn and adapt more effectively over time.

4. Reward the Friction, Not Just the Finish

Growth happens during the struggle, not when the task is done.

Instead of waiting until the end to feel good, pause when you hit resistance. That moment, the "wall," is part of the process.

If you only celebrate the result, your brain learns to chase the finish. If you notice the effort, your brain starts to value the work itself.

Progress isn't built in the relief of being finished.

It's built in the moments when you feel that friction and you choose to keep going.

5. Reflect to Wire, Not to Regret

Reflection is what helps your brain hold onto what you're learning. It's how effort turns into something more permanent.

Instead of looking back at what you "should" have done, look at what actually happened.

Where was the friction?
What did you do with it?

When you reflect without judgment, your brain is more likely to reinforce what worked and adjust what didn't.

But when reflection turns into regret, it shuts that process down.

Ask one simple question:
Where did I lean into the friction today?

Quick Wrap-Up

The goal isn't to "have" a growth mindset. It's to practice it until it becomes part of who you are.

Your brain responds more to repetition than motivation.
Motivation is a feeling. Repetition is what shapes change.

Each time you lean into the discomfort of not knowing, you're reinforcing a new direction.

Keep showing your brain the path you want to take, and over time, it becomes easier to follow.

Growth in Practice

Awareness creates change, but reflection and repetition make it stick.

These prompts are designed to help your brain connect new patterns, recognize progress and see proof of growth in action. Don't overthink your answers, let them be honest, messy, even unfinished. That's the point.

1. What's something you used to think you "weren't good at"?

What story did you tell yourself about it?

What would that story sound like now?

2. Think about a recent setback or failure.

What can it teach you about your process, habits, or patience?

(If it's too fresh, just name the feeling. That's how you create space to come back to it later.)

3. Write about a moment when you surprised yourself.

A time you handled something better than before, or stayed calm, or tried again when the old you would've quit.

What changed?

4. What's one small thing you can practice this week that challenges you, just a little?

Something that creates a little resistance, but still feels manageable.

(Examples: speaking up once in a meeting, trying a new workout, asking a question instead of staying silent.)

5. When Growth Matters Most (When/Then Practice)

Growth mindset isn't built when things are going well.

It shows up in the moment your brain wants to quit, avoid, or shut down. That's why it helps to decide in advance how you'll respond in that moment.

Try this:

When I notice myself thinking _____

Then I will _____

Keep it simple.

Not a promise to do everything differently, just a cue that keeps you moving.

Examples:

- When I think "I'm not good at this," then I'll ask, "What's one small thing I can try next?"
- When I feel the urge to quit, then I'll pause and take one more step.
- When I make a mistake, then I'll treat it as information, not proof.
- When I feel myself tense up or hesitate, then I'll pause and take one slow breath before acting.

This is how awareness turns into action.

And action, repeated over time, becomes change.

6. Write your own Growth Affirmation.

Something short enough to remember when the fixed mindset voice shows up. Using awareness and repetition.

Examples:

"I'm in progress, not in trouble."

"Every struggle strengthens my wiring."

"I just haven't figured it out yet."

Reminder: You're not writing these to be perfect.

You're writing them to be evidence.

When your brain sees proof of progress, it believes it.

And belief shapes what you attempt next.

Moving Forward

Growth isn't about becoming someone else overnight.
It's about showing up... again and again... with enough resilience to stay in it long enough to learn.

What matters most is what you believe is possible for you.
That belief shapes how you respond to effort, mistakes, and progress over time.

Try not to compare your process to people who seem "naturally" disciplined.

There's no timeline you have to match.
That's their wiring.
You're working on yours.
And that's what makes this process powerful.
This process is yours.

In Practice Tips:

Revisit these prompts weekly. Repetition strengthens the neural pathways that make reflection automatic.

Catch your language. When you hear yourself say "I can't," or "I always fail," add that one small word - "yet."

Track progress visually. Create a small "Growth Log" (even one line a day). Your brain responds to proof.

Reward the process. Your brain learns from what you notice and repeat. Pause long enough to recognize the effort, not just the result.

Growth isn't luck. It's showing up, reflecting, and trying again with a little more awareness each time.

Take a moment right now, before you move on.
Look at the tips above.

Pick one that stands out.
Or one that connects to what you wrote earlier.

That's your focus for now.

Write it down.
Keep it simple.

**You're not just changing habits, you're building a new mindset.
Over time, that mindset becomes who you are.**