

# 30 DAY CHALLENGE: MINDSET RESET SERIES

Take charge of your mind. Take charge of your life.

Journal 3

Date: / /

Mood:

## Daily Affirmation

I'm moving from a judge-and-be-judged framework to a learn-and-help-learn framework. This is an on-going process.



### Thought Amendments:

I'm struggling with this thought:

This thought was triggered by:

I'm going to change the outcome of the story I just told myself like this:

I'm thankful for:

1

2

3

# *The Mindset Journey*

Does your fixed mindset have a name?

We've done a lot of self-discovery and it's just the beginning. Carol Dweck writes that the journey to a Growth Mindset doesn't have an ending. It's an on-going process. Starting on page 254 of her Mindset book, she breaks the journey into 4 basic steps.

## **Step 1: Embrace your fixed mindset.**

This journey has been about changing our mindset so we can change our lives. Having awareness around our thought patterns and how they not only affect us, but those around us can be life-altering. I love how she mentions to let go of shame around admitting you have a fixed mindset in some areas. Doing this challenge is not to claim that you suddenly have a growth mindset, but that you're willing to confront your fixed mindset..

## **Step 2: Become aware of your fixed mindset triggers.**

On page 255 Carol writes about many different triggers and fixed mindset self-talk that results from them. Do you share in any of these triggers and experience similar fixed mindset reactions?

Which ones resonate the most? Failures, Criticism, Deadlines, Disagreements...

Write yours down here:

Write down the most recent fixed mindset episode you've experienced. What was the trigger? How did you respond? Remember, no judgement here, just observation.

# *The Mindset Journey*

Does your fixed mindset have a name?

## **Step 3: Give your fixed mindset persona a name.**

It may sound a bit quirky to you, but naming your persona helps you look at your triggers and responses more objectively. Look at your journal work over the past few weeks and at what you uncovered in Step 2. Pages 258 and 259 have examples of fixed mindset personas from one of Carol's classes. When you read them, it will help you call yours out too.

**My Fixed Mindset Persona's Name Is?**

**This persona is triggered by:**

**This persona messes with what I'm trying to accomplish by:**

# *The Mindset Journey*

Does your fixed mindset have a name?

## **Step 4: Take your fixed mindset persona on a journey**

Carol writes that once you're aware of your mindset's name and its triggers, invite her or him to join you on your quest to learn and do new things.

The more you understand this persona, the more you can anticipate when it's going to show up and say something ugly.

**Regarding whatever challenge you're facing right now, what is your persona saying to you?**

**What can you say back that will keep you moving forward?** On page 260 Carol gives examples of some growth statements you can use when confronting your fixed mindset:  
*"Look, I know this may not work out, but I'd really like to take a stab at it. Can I count on you to bear with me?"*  
*"Yes, yes, it's possible that I'm not good at this (yet!), but I think I have an idea of what to do next. Let's just try it."*

# *The Mindset Journey*

So what's next?

As we wrap up Part 4 of the 30 Day Mindset Reset Challenge, how will you move forward in your life so that this growth and change keeps evolving? What opportunities are you going to look for that are designed to stretch you?

Carol ends her book with a great question on page 263:

*When you succeed, don't forget to ask yourself: What do I have to do to maintain and continue growth?*

We know that doing this kind of work can be exhausting- even intimidating- and we want to give you as many tools as possible to carry you forward.

As you think about where to go from here, read this amazing article by Ramit Sethi about what we encounter when we dare to rewrite our story:

<https://growthlab.com/ramits-2018-manifesto-rewriting-your-story/>

He writes, "*...there's a fine balance between consciously deciding not to do something...and unconsciously following a story that someone else wrote for you.*"

Let's make a promise to ourselves, right now, that we will confront our fixed mindset persona along with all the stories that OTHER people wrote for us and dare to write new ones.

Dare to write a new story with a narrative that takes action...a story that you would love to read.

On the next page, you'll find a great graphic by Tracy Ostwald Kowald at [blog.connectionsacademy.com](http://blog.connectionsacademy.com). It's based on the diagram you see by Nigel Holmes on page 263 of Carol's Mindset book. Screenshot it and keep it on your phone and/or print it out and keep it up around your workspace or on your fridge.

The graphic was created for teachers to use with their students. Since we're ALL students in one way or another, it's perfect.

# Student Success is a Matter of Mind-Set



Students with  
a fixed mind-set...

VS

Students with  
a growth mind-set...



believe that their intelligence and abilities are fixed and that personal effort has little impact



believe that their intelligence and abilities can grow through personal effort

feel pressured to "look smart," believing they're defined by their natural abilities



feel motivated to "get smart," knowing that effort maximizes abilities

avoid challenging material to protect their self-esteem



welcome challenging material, improving their self-esteem and abilities in the process

give up in the face of setbacks, attributing difficulty to a lack of ability



persist in the face of setbacks, believing they can prevail with sufficient effort

ignore or avoid constructive criticism, seeing it as an attack on their natural abilities



embrace criticism as a learning tool, a means of improving

feel diminished by others' success, believing that success is unattainable without natural ability



feel inspired by others' success, knowing that success is attainable through effort