

Mindset

For now, or for yet?

Are we concentrated on life's processes or solely it's outcomes?



Mindset can be described as our beliefs about ourselves, others and the world

As an **athlete**, is short-term achievement and performance your focus? Or are you dreaming bigger and thinking about what you want to be, and how you want to contribute to society?

Fixed v Growth Mindsets

People with **fixed mindsets** have thought patterns set in stone. They are the way they are and there isn't any changing it. They stick to what they know and what they do well, which results in preventing their own growth and development through their rigid belief system.

People with **growth mindsets** hold beliefs that their talents and intelligence can grow and improve over time. As opposed to avoiding challenges, they embrace them and see failure as an opportunity to learn. Effort is necessary to develop, and feedback is useful for them.

If you are curious you can explore your own mindset characteristics [here](#) but remember, just like our mental health a person's mindset exists on a continuum. The good news is you can develop your mindset through effort and practice over time – but it's important to understand that nobody has a growth mindset towards everything, all of the time!



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The Benefit Mindset

Recent research suggests that a global interest in wellbeing is emerging – an approach that involves both **being well** but also **doing good**. Building on a growth mindset, the benefit mindset moves to encompass collective success for the world. It requests of us a willingness to work together, accessing deeper levels of humanity and thinking about how, but also why we do things.

Fixed Mindset	Growth Mindset	Benefit Mindset
Everyday experts who seek perfection and avoid failure	Everyday learners who seek growth and development	Everyday leaders who seek to 'be well' and 'do good'
Focus on reproducing what they know	Focus on improving how they do what they do	Focus purposefully on why they do what they do
Believes their strengths are innate gifts that can't be developed and focus on perfecting what they are already good at	Believes their strengths can be developed with effort, reaching higher levels of achievement and ability	Believes in developing their strengths and meaningfully contributes to a future of greater possibility

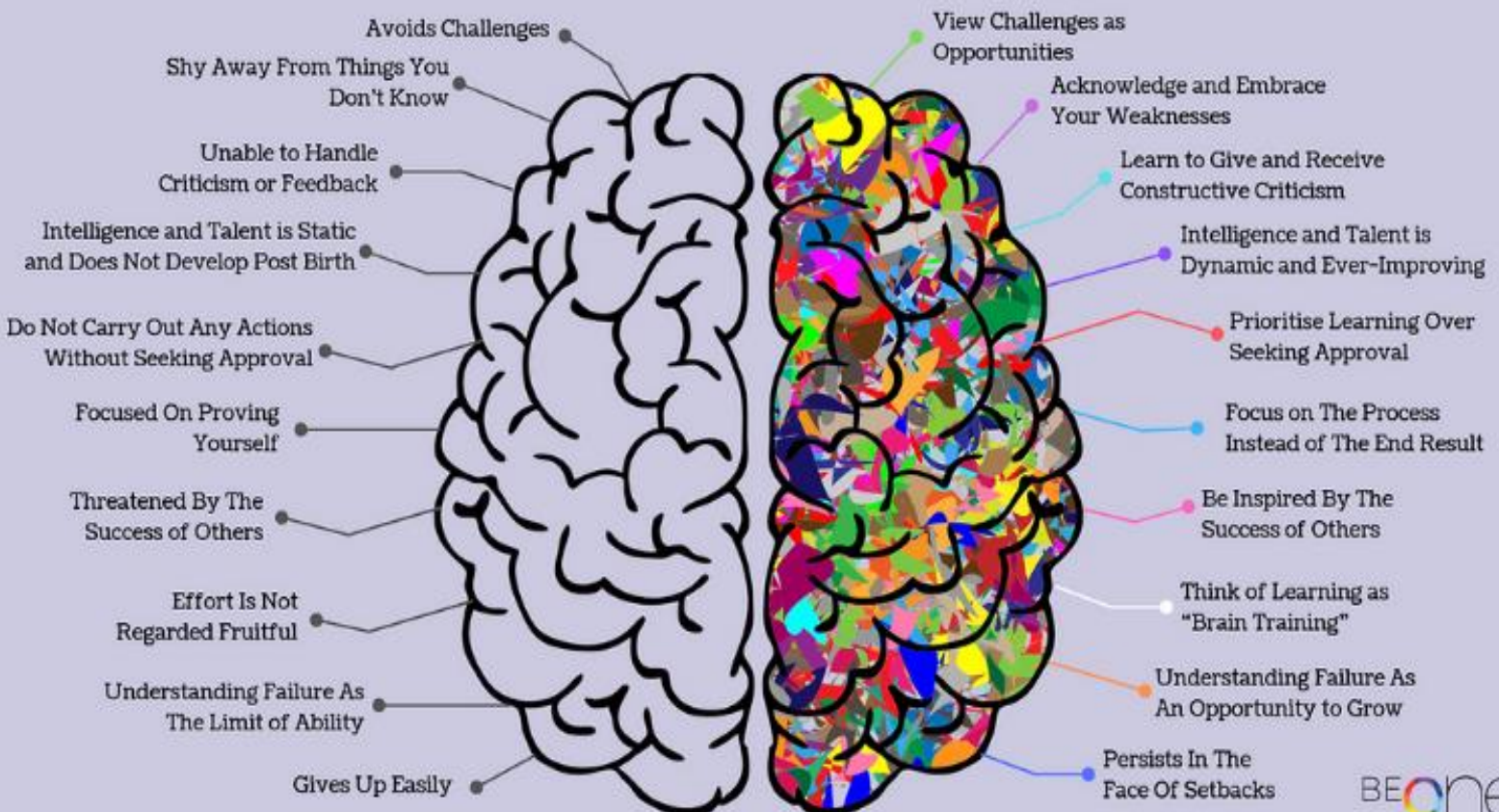
Green, S. (2019). *The Positivity Prescription*, p.148



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FIXED MINDSET VS GROWTH MINDSET



AUSTRALIAN FOOTBALL LEAGUE

Professor Carol Dweck is the pioneer of mindset research.

You can check out her Ted Talk on growth mindset [here](#)

