



**PUTTING IT
ALL TOGETHER**
8 FOUNDATIONS FOR LASTING CHANGE!

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EIGHTFOUNDATIONS.ORG

MINDSET

GROWTH MINDSET

Growth Mindset is about beliefs regarding intelligence and learning. A GM welcomes challenges and views failure as a necessary step to learning. A GM person will seek mentors and loves to celebrate the success of others. A GM embraces effort and the learning process!



CHANGING OUR FIXED MINDSET TO GROWTH MINDSET

Generally speaking, people are a mix of growth and fixed mindset. You may have a growth mindset in your relationships and a fixed mindset in your work life. Here are a few examples of FM thoughts that you can then change into GM thoughts:

1. I am either good at it or I'm not - I can learn anything I want to learn.
2. When I fail, I am no good - When I fail, I learn.
3. I avoid challenges and give up easily - Effort is required to learn new skills.
4. They are better at it than I am - What can I learn from them?

FIXED MINDSET

A Fixed Mindset is rooted in judgment, fear, and comparison. A FM is threatened by the success others and is concerned about proving themselves. If they cannot do something well quickly, they will walk away from the challenge. FM believes more effort will not make a difference.