

Fostering a Growth Mindset: Breaking Free from Limitations and Self-Doubt

Key Takeaways

1

Definitions



FIXED MINDSETS

The belief that abilities, intelligence, and talents are static traits that cannot be significantly developed.



GROWTH MINDSETS

The belief that abilities, intelligence, and talents can be developed through effort, learning, and persistence.

2

Where could our self-limiting beliefs come from?



Childhood experiences and messages



Past experience of failures and/or rejections



Social and cultural conditioning



Comparing yourself to others



Fear-based thinking patterns



Mental health challenges

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3

Strategies to Practice Building a Growth Mindset



Reframe Setbacks and Challenges



Engage in Action-based Reflection



Shape your Environment



Positive Habit Formation by Habit Stacking

Need a bit more help?

Discuss with your coach to uncover personalised strategies for overcoming self-doubt and breaking through limiting beliefs!



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