Topic: How To Develop a Growth Mindset

Speaker: Psychology Today | Notebook: Rich Life



Image Credit: Pexels.com

According to Tchiki Davis, Ph.D., a **growth mindse**t is needed to be successful.

A **Growth Mindset** means you believe that your skills can be developed through hard work and dedication. The opposite of this is Fixed Mindset which means talents and abilities are given, limited or not subject to improvement.

When you have a growth mindset, it provides you the freedom to do the things you set your mind to, to reach your full potential so that you can change your life and even the lives of others.

How to develop our growth mindset includes the following:

1**. Be brave.** Leave your comfort zone and face the challenges head-on. Believe that you can do it.

2. **Focus on your journey and not just the end result.** If you fail, strive again.

3. **Be aware of your thoughts and words.** Encourage yourself that mistakes and failures can be learning opportunities too.

4. **Forget about your ego.** You can't practically know about everything. Stay curious. Learn to ask for help. Enjoy the discomfort of not knowing and striving to learn what you lack.

5. **Growth is not achieved overnight.** It is a process that takes time, effort, and patience. So, be kind to yourself.

6. **Persist even if things don't go as planned.** Continue to persevere for things that you desire in spite of challenges.

7. **Take responsibility for words and actions.** Own your mistakes and learn from them. Don't blame others for your failures.

8. Lastly, **stay curious, and explore the possibilities**. You may be wrong but you may be right too! So, go dig in and find out.

To succeed to have a rich and meaningful life whether at work or on a personal level means to work for it. So, do you have a Fixed Mindset or a Growth Mindset?

Copyright © Personal Digital Notebooks | By Rosilie | Date Printed: Nov. 6, 2026, 6:43 p.m.