

YOUR TURN

Think about someone you know who has been successful. Can you discern whether they have a fixed or a growth mindset? Notice how they confront hard issues and obstacles. Are there things they do to stretch themselves, even if they know they might fail?

Make a list of two or three people you admire and trust for their positive contributions to your life or to your community. Contact them and ask them if they have some time to sit down and talk with you about their path in life. Asking questions and learning from others is one of the best ways to grow, and most successful people are happy to share their stories with individuals who are curious and ask good questions.

People to contact:

DIG DEEPER

READ

- ***Mindset: The New Psychology of Success*** by Carol Dweck
- ***Gmorning, Gnight!: Little Pep Talks for Me & You***
by Lin-Manuel Miranda and Jonny Sun
- ***How Full is Your Bucket?*** by Tom Rath and Donald O. Clifton, PhD.
- ***The Storyteller's Secret: From TED Speakers to Business Legends, Why Some Ideas Catch On and Others Don't***
by Carmine Gallo

LISTEN

- ***Impact Theory*** podcast with Tom Bilyeu
- ***The Mindset Mentor*** podcast with Rob Dial
- ***Little Inner Voice*** podcast
- ***Oprah's SuperSoul Conversations***: Oprah and Joel Osteen – I am: Life is How You See It

WATCH

- ***Grit: the power of passion and perseverance*** |
Angela Lee Duckworth – TED Talk
- ***The Secret of Becoming Mentally Strong*** |
Amy Morin – TEDxOcala

ACTION STEPS

List some of the negative self-talk that you've experienced (fixed mindset). What does it say? When is it the loudest?

Now list some of the positive self-talk (growth mindset) that you have used. How do you react when you decide to face your day with a positive rather than a negative viewpoint?

What happens when your negative voice wins?

What happens when your positive voice wins?

Which voice wins most often?

What are three or four specific steps you can take to increase your acceptance of your most positive inclinations and attitudes?

What internal reminders can you use to notice the negative voice and then “reframe” your thoughts when things aren’t going well?