

TRAIN YOUR BRAIN



"It's less about getting things right and more about the progress."

Characteristics

Go from Fixed

To Growth

<p>Desires</p>	<p>I'll stay where i'm at, its comfortable. I'm not good at it</p>	<p>I'm eager to learn. I want to learn new things</p>
<p>Skills</p>	<p>I'm fine the way I am. No change is necessary</p>	<p>Am I really at my best? What/how can I improve?</p>
<p>Effort</p>	<p>It's a waste of time. To much to figure out. I don't want to</p>	<p>I'm better off if I can figure this out. It's worth it.</p>
<p>Obstacles</p>	<p>I'm done, i give up. I'm really not good enough</p>	<p>How/what can I learn from this. What can i do differently?</p>
<p>Feedback</p>	<p>Nobody likes this. It just sucks. Who cares.</p>	<p>I'm coachable. What can I do to improve. I recognize this.</p>
<p>Comparison</p>	<p>They've got it made. They were handed a silver spoon.</p>	<p>Let me look and learn. What can I implement from this.</p>