connections in mind



Growth Mindset

"A belief that our most basic abilities can be developed through dedication and hard work. Brains and talent are just the starting point."



Fixed Mindset

"In the fixed mindset, everything is about the outcome. If you fail — or if you're not the best — it's all been wasted."

Growth Mindset Impacts:

Grit & resilience

Connections in Mind

Intrinsic motivation

Attention to mistakes

Step 1: Stop the thought

Step 2: What do you fear?

Step 3: Believe in yourself

Step 4: Choose a thought

Is perfectionism an issue for you? Why do things have to be perfect?

Do you have a fear of getting started on projects? What is behind this fear?

What do you know about RSD - how does fear of judgement impact your approach to life?

Do you feel like you need to control everything in order to feel safe?

Is this achievable? What impact does that have on your life?

Useful Links

-Rejection Sensitive Dysphoria RSD Blog
-Growth Mindset - Carol Dweck