



The **10** Commandments

of The Growth Mindset

About Goals Infinite

Goals Infinite was founded with one goal: **we want to help people to achieve their goals and adjust their mindset to be more efficient.** This site is for those who want to become better. We are not here to convince you, you have to make the conscious decision to become better and we are here to help you with the rest.

Every Friday we post a new article on our site on various topics such as motivation, mindset, productivity, planning and more. If any of these sounds interesting to you, I encourage you to [subscribe to our newsletter](#), which will inform you about the latest content, news and upcoming events. To see our most popular articles [click here](#).



About the author



Gabor Hosszu is the founder and head article writer of Goals Infinite. His obsession with self-help books, the growth mindset, planning and productivity hacks made him realise early, that continuous self-improvement is what drives him forward. No matter if it's finishing a master's degree, getting into the top 10% of players in a video game or losing 25 pounds, he was ready to take on the challenge.

Being passionate about personal development and helping others were the main reasons he launched this site. By trade Gabor is a mechanical engineer. His hobbies include being a chilli farmer, a video game nerd and a wannabe beer expert.

Introduction

In 2006 Carol S. Dweck presented the idea of mindsets in her book *Mindset: The New Psychology of Success*. This revolutionary piece of literature summarised decades of research on achievement and success. The book explains that our success is often based on how we approach our goals, not just on our talents. Dweck defines two mindsets, that have very different interpretations of the things happening around us and different approaches to problems. While the fixed mindset praises talent and innate abilities, the growth mindset focuses on learning, love of learning and effort leading to a more successful life. Here you'll find what are the key differences between the two mindsets.

The goal of this book is to help the reader to develop and maintain the growth mindset. To do this we chose the format of commandments, as it is a straight forward way to present Do's and Don'ts. At the end of the book, you'll find a workbook with a few exercises. This will help you identify the area where you need improvement and find out what is the desired behaviour for someone with the growth mindset.

I wish you willpower, discipline and the best of luck to your transformation to the growth mindset!

Gabor

1

Thou shall accept that intellect can be developed and not static

One of the core beliefs of the growth mindset is that intelligence is not fixed, but can be developed through effort. To get better is an ability we all have, from the day we were born. Understanding that no challenges exist that we are not able to overcome with time, is a key feature of someone with the growth mindset.

There's a huge difference in saying "I can't deal with this" and "I can't deal with this yet". That one small word, yet, points towards a future situation, where "I'm able to deal with this". No matter if "this" is a difficult client, a hard math problem or a company project, we have the ability to learn all the necessary skills and knowledge, that is required to deal with it. No exceptions.

2

Thou shall focus on improving intellect over proving intellect

When it comes to personal growth looking smart will never be as important as getting smarter. Some people only want to prove their talents and show how good they are.

With the growth mindset, the focus is on getting better, instead of looking good. This not only include learning, but love of learning as well.

A typical growth mindset question: why would you waste your time on proving how good you are, when you could be spending the same amount of time getting better?

3

Thou shall value effort more than talent

Some of us are born talented, some of us are not. But the person with the growth mindset knows, that being talented is nothing more than a head start. Making an effort is the key to achieving, not being talented. The one with talent and no effort will soon be outperformed by the one who wasn't born talented but makes a continuous effort.

While the fixed mindset says: "Making an effort is the sign of the weak" the growth mindset says: "Making excuses like that to not to make an effort is the sign of the weak". Call it effort, practice or hard work it all comes down to the same thing, that we are able to improve and overcome our obstacles with time.

4

Thou shall challenge thyself, as challenge is the foundation of growth

Facing new challenges courageously is a key feature of the growth mindset. Understanding them and learning how to deal with them instead is personal growth in its purest form. These experiences move you out of your comfort zone, just over the edge, where our performance is at its peak. With every conquered obstacle and defeated challenge, we improve as a person. Treat challenges as the cornerstones of self-improvement, not like chances to fail.

5

Thou shall face obstacles and setbacks with persistence

People with the growth mindset knows that obstacles and setbacks are only bumps on the road to success, not the end. Overcoming them with effort and commitment is just another learning opportunity.

Persistence is what helps a baby to learn to walk, a student to deal with a difficult homework and an entrepreneur to build a business from the ground up. No one has ever succeeded by giving up and admitting defeat. The growth mindset pushes forward until the desired results are reached.

6

Thou shall treat failure as a learning opportunity, not as a defeat

Learning what you have to do next time differently to succeed is what turns failure into a victory. The growth mindset wants to analyse and understand what went wrong when experiencing failure. Others feel shame, self-pity or anger and never want to try again. Learning from the experience and having a higher chance of success the next time is what makes the difference between a loser and a winner.

7

Thou shall take feedback to heart

Constructive criticism is a free lesson. When people with growth mindset hear feedback that can help them perform better, they take it seriously. While others make excuses and get mad while listening to negative feedback, people with growth mindset improve on it. As a defining feature, they are able to find the lesson in the harshest criticism as well. The worst thing you can do is to ignore supportive feedback as you'll miss out on a great learning opportunity.

8

Thou shall give feedback based on the effort, not the person

The effort always comes before talents and traits. Giving feedback based on someone's effort empowers the idea of hard work and strengthens the growth mindset. Giving feedback based on someone or someone's abilities empowers their belief on their talents and strengthens the fixed mindset. To focus on the effort say "Well done, your hard work really paid off" and "Good job with that excellent presentation" instead of "Wow, you are talented" and "You are so good at basketball" as these are focusing on the person and the person's abilities. As a parent or a teacher, it can be hard to develop this skill as it is tempting to just praise the child instead of the effort.

9

Thou shall find inspiration in other people's success

Many of us tend to feel envy when it comes to other people's success. Instead of negative feelings focus on searching for the inspiration to make your own success happen. Someone with the growth mindset knows that working hard and commitment can get you the results you want. Seeing someone else rising to the top can be a great source of inspiration and motivation. Let yourself be inspired by success stories and make a continuous effort to achieve your goals.

10

Thou shall pay attention to the inner monologue

Many of our thoughts are generated automatically based on our beliefs. We accept these thoughts and act accordingly. If your beliefs represent a poor mindset, you act according to a poor mindset. To change this, you'll have to be aware when such thoughts surface. If you are aware, you'll have a choice. You can choose to act like before or to behave differently. If you are aware of a poor mindset though popping into your head you'll have the chance to act according to the growth mindset instead. Pay attention to your inner monologue as it is the key to developing the growth mindset.

The 10 **Commandments** of The Growth Mindset

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not static**

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Workbook

In this part of the book, we prepared a few exercises. Completing this workbook, you'll identify what are the most common fixed mindset thoughts that you have. With the help of the commandments, you'll be able to understand what do you have to change to think / feel / act according to the growth mindset. I encourage you to take your time with this workbook and do the best job can, to have the most impactful results.

Below you can see ten sentences. Each of them representing the fixed mindset version of the commandments from the first part of the book. Treat them as ideas in your head or part of your inner monologue. Read all of them carefully and rank them on how much they sound like your own thoughts. Give 1 to the one that is most likely to be your thought or the most similar to you own thoughts. Give 10 to the one that sounds the least familiar. Write your rating on the lines in front of the sentences.

_____ *When I fail at something I feel terrible and don't want to try again.*

_____ *I got stuck on this project, so I might as well give up.*

_____ *I like dealing with easier tasks rather than difficult ones.*

_____ *Sometimes, I just don't have what it takes to deal with the problem I'm facing.*

_____ *Seeing someone else succeed makes me feel envious.*

_____ *I wasn't born to be a winner who can make it to the top.*

_____ *Criticism makes me come up with excuses and feel insecure.*

_____ *I often think about my shortcomings.*

_____ *I don't like asking questions in front of others when I don't understand something.*

_____ *When I give a compliment I focus on traits and characteristics.*

Now you have identified what are the most frequent fixed mindset thoughts in your head. According to Pareto's Law, the two highest ranking (number 1 and number 2) are causing most of the problems. Please copy these sentences here. Feel free to alter the sentences, so they'll sound more relatable, but make sure they don't lose the core message.

1 _____

2 _____

Please write an example from your past, when you acted according to these thoughts. What happened? How did you feel? What were your thoughts? How did you act? Take your time to paint the most accurate picture.

1 _____

2 _____

Now, imagine how you should have acted according to the growth mindset. How would you feel? What would you think? How would you act? To make sure you give your best answer, read the commandments again.

1 _____

2 _____

Now you know the thoughts you should pay attention to during the day and what is the desired reaction / behavior. Now it is time to make a commitment!

On the lines below make a commitment to make an effort to develop the growth mindset. Come up with the growth mindset counterparts of the thoughts from the second exercise and write them down as well. To make these sentences more impactful, make sure you focus on what you want and not on what you want to avoid. Here's an example:

"I, John Doe, am fully committed to paying attention to my thoughts and actions during the day to develop the growth mindset. Whenever I fail I'll do my best to learn from it and find out what I have to do differently next time to succeed. When facing obstacles I'll work hard until I get the best results I can get."

For maximum effect write down this commitment every morning or keep it somewhere where you can see it every day (like your phone's background or a framed picture on your desk). If you got this far and did your best during this exercise, well done! If you think you can do better, go back and adjust your answer to get the best results.

Feedback, so we can improve!

When you are finished reading I'd like to ask you for some feedback about the eBook itself. Please click the link below and share your thoughts with us!

[I'd like to give feedback!](#)