

Growth Mindset

Change your inner dialogue

"I AM NOT GOOD AT THIS"

"WHAT AM I MISSING?"

"I GIVE UP!"

"I WILL USE A DIFFERENT APPROACH"

"I MADE A MISTAKE"

"MISTAKES HELP ME"

"THIS IS TOO HARD"

"THIS MAY TAKE SOME TIME"

"PLAN A DIDN'T WORK"

"THERE IS ALWAYS PLAN B"

"I CAN'T DO IT"

"I'LL FIGURE IT OUT"



Altering your Inner Dialogue

When you can change your self-talk from negative to positive you have the ability of shifting your perspective and opening up avenues for success. Here are some tips for improving your self-talk or inner dialogue:

- Observe your thoughts in a non-judgemental way
- Notice how your thoughts make you feel
- Focus the mind on thoughts that make you feel positive and see how it changes your overall thought pattern
- Visualise yourself solving problems and overcoming obstacles
- Feel the fear and do it anyway

A Growth Mindset is not a declaration, It's a journey!

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