



Weekly Wisdom

Grow the Green for You and Your Team



"Love challenges, be intrigued by mistakes, enjoy effort and keep on learning." -- Carol Dweck

A Growth Mindset & the Power of "Not Yet"

Our basic beliefs, or our mindset, affect our motivation, our achievements, and our ability to improve.

Do you believe that you were born with a fixed amount of skill and intelligence? Do you believe that your personality is what it is and can't be changed?

If you believe that your abilities are set in stone, you have what researcher, Carol Dweck, would call a "fixed mindset."

Consider the alternative: a "growth mindset." With a growth mindset, you believe that your "talents can be developed (through hard work, good strategies, and input from others)."

People with a growth mindset don't worry about looking smart; they put their energy into learning.

In her TED talk, Dweck explains the two mindsets this way: "Are you smart enough to solve it...or have you just not solved it yet?"