

Growth Mindset

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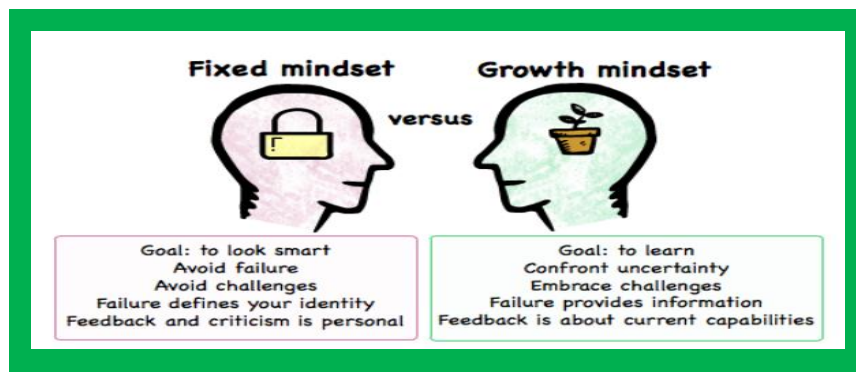
The Growth Mindset

Applying the growth mindset to your life allows for learning, failure, mistakes, growth and achievement. So, what is it and how can we apply its magic formula?

Research into Mindset originated with Carol Dweck's work on how students responded to failure; where some would bounce right back and put more

perseverance and effort, despite the stumbles and bumps.

By viewing challenges as opportunities to grow we can learn to accept the insecurity and to expect setbacks. This process will contain some failure but ultimately you will develop the skill and achieve your goal.



effort in while others were really devastated, which affected their self-esteem and, in some cases caused students to drop out.

We all want to feel successful and achieve our goals but in truth, failure is part of the process of learning. No one was born doing things perfectly. For example, an infant learning to walk is not aware of failure, instead they enthusiastically continue their learning with

Here are three useful tips to get started:

At the end of the day ask yourself: What did I fail at? What did I learn? Review the learning to help you improve.

Don't seek approval, seek growth. Allow failure to help you grow.

Get others to share how they have succeeded and see what you can learn.

Marie Wellness clinic

As you can see the theme this month is all about having a growth mindset where success is based on perseverance, effort and learning.

"Don't worry about failure. Worry about the chances you miss when you don't even try". Sherman Finesilver.

Sometimes our self-belief and fear of failure block us from pursuing our real desires. Don't let your negative feelings about your own ability hold you back. Find real happiness by living the life you dream about.

If you are struggling to realign yourself with your goals and feel discontented call Marie on 050 1087592

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