



Developing A Growth Mindset Habit

You have to mentally decide that you want to develop a new positive habit. That habit can be anything from stopping smoking to being there for your family. Simply saying to yourself 'I'm going to do such and such from now on' doesn't get the job done.

When you're deciding on what new habit to take on, it's really easy to look at all the things we *shouldn't* do as a place to begin. We want to stop smoking or comfort eating. We want to learn how to say 'no' or to stop spending so much time on social media or betting sites.

This is why I have intentionally called it building a habit that's positive. What if the habit you formed was one of growth and personal development?

Look all over the internet. Everyone is saying it. Having a growth mindset positively impacts your life in so many ways, so it's a great healthy habit to build into your life.

So. What are the benefits of developing a growth mindset?



1. Continual learning. Learning is vital because, not only will you discover new ways to do things, but by making a practice of continual learning, you develop new ways of thinking, and develop new ideas. Learning connects you with more of the universe and helps you to see things with a deeper significance than you ever thought possible. But more than that, people who stop learning very quickly stagnate. You can find studies that show that the practice of learning new things

when you are older helps ward off problems related to dementia. Essentially, learning is good for your brain!

2. You learn to endure. As we learn new things, we learn to better adapt and change how we think. That in itself gives us the ability to see other solutions to problems that would have wound us up in the past. But, by challenging yourself to grow, you learn how to push through obstacles and find new paths. That's a tenet of how coaching helps you.

3. You learn how to embrace challenges. Growth can be challenging. But by pushing yourself to grow, that means you're also pushing yourself to look at challenges differently. Stepping outside of what you consider your 'safe space', where you feel comfortable, will challenge you. An obstacle now becomes an opportunity to learn and develop something new and to do things in a way you would never have considered before.



4. You learn how to embrace failure. This is tough ask. It's drilled into you at young age that failure isn't an option. When you're interested in growing as an individual, you start to see failure, or your poor performance differently. Everything becomes a potential lesson in a way that you didn't think would work.

5. You become more open to criticism. By being willing to grow, you start to see that the constructive input of other people takes on significance. You see their words not so much as something negative, but something you can use to develop as a person and learn something about yourself. You might not always like the lesson, but that's part of growing too. Having a growth mindset will help you.

By embracing personal growth, you find the best version of yourself. You're able to become more than you ever thought possible, and then you improve situation by finding out that you can become more still. You'll find that the furthest edges of yourself are far beyond what you thought you ever could be.