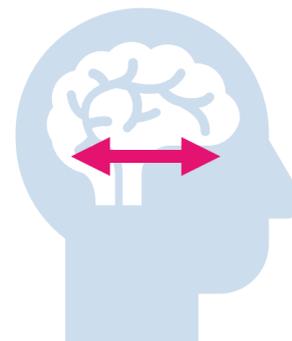
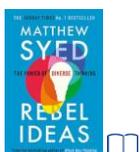




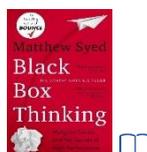
- 1. Start small, make it easy.**  
*Find things that have an impact AND are easy to do to build into a habit. Think realistically about time and effort.*
- 2. Acknowledge and embrace imperfections and failures.**  
*Hiding from your weaknesses means you'll never overcome them.*
- 3. View challenges as opportunities.**  
*Having a growth mindset means relishing opportunities for self-improvement. Replace the word 'failing' with the word 'learning'.*
- 4. Cultivate a sense of purpose.**  
*Dweck's research also showed that students with a growth mindset had a greater sense of purpose. Keep the big picture in mind.*
- 5. Embrace feedback.**  
*Learn how to give, ask for and receive feedback.*
- 6. Hard work beats talent if talent doesn't work hard.**  
*The myth's been burst: genius requires hard work, not just talent.*
- 7. Use the word "yet."**  
*Dweck says "not yet" has become one of her favourite phrases. Whenever you see people struggling with a new behaviour, just tell them they haven't mastered it yet.*
- 8. Learn from others.**  
*Find a role model. See how they deal with success and failures and learn from it. It is important to realise that everybody has weaknesses.*
- 9. Take risks in the company of others.**  
*Stop trying to save face all the time and just let yourself goof up now and then. It will make it easier to take risks in the future. Cultivate grit.*
- 10. Take ownership over your attitude.**  
*Once you develop a growth mindset, own it. Acknowledge yourself as someone who possesses a growth mentality and be proud to let it guide you throughout your career.*



Follow the research on brain plasticity and personality  
*The brain isn't fixed; the mind shouldn't be either.*



*Rebel Ideas: The Power of Diverse Thinking*  
by Matthew Syed  
April 2020



*Black Box Thinking: Marginal Gains and the Secrets of High Performance: The Surprising Truth About Success*  
by Matthew Syed  
Apr 2016



*Learn from Failure*  
by Amy C. Edmondson,  
HBR interview  
Apr 2011



*The power of yet*  
by Carol S Dweck  
TEDxNorrköping  
Sept 2014