

**BOOK BLOG SERIES**

Part 1

*Can I improve my “inborn skills”  
significantly via effort?*

# mindset

LEARN FROM DR. CAROL S. DWECK'S  
“MINDSET”

 THINKABLED



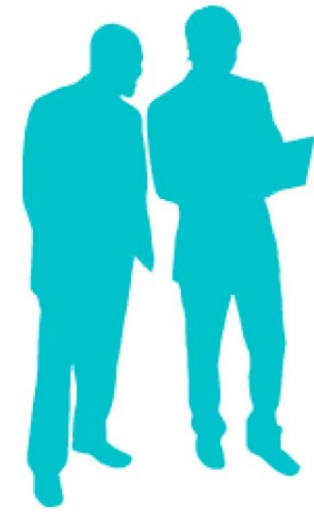
# THE ROLE OF MINDSETS



**PARENTING**

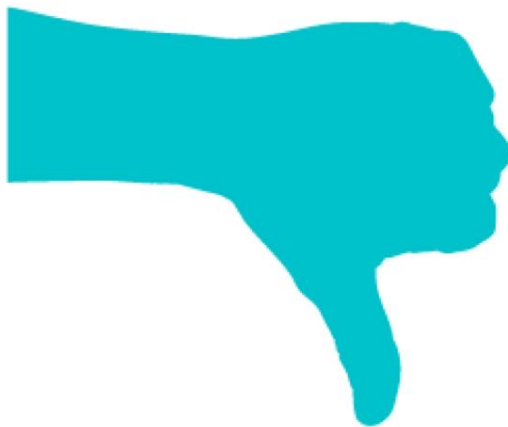


**BUSINESS**



**COMMUNICATION**

Mindset plays a much more important role than we think they do. Their influence extends to our everyday response to vegetative stimulus, careers, interpersonal relationships, parentin, bullying and more



**FAILURE**

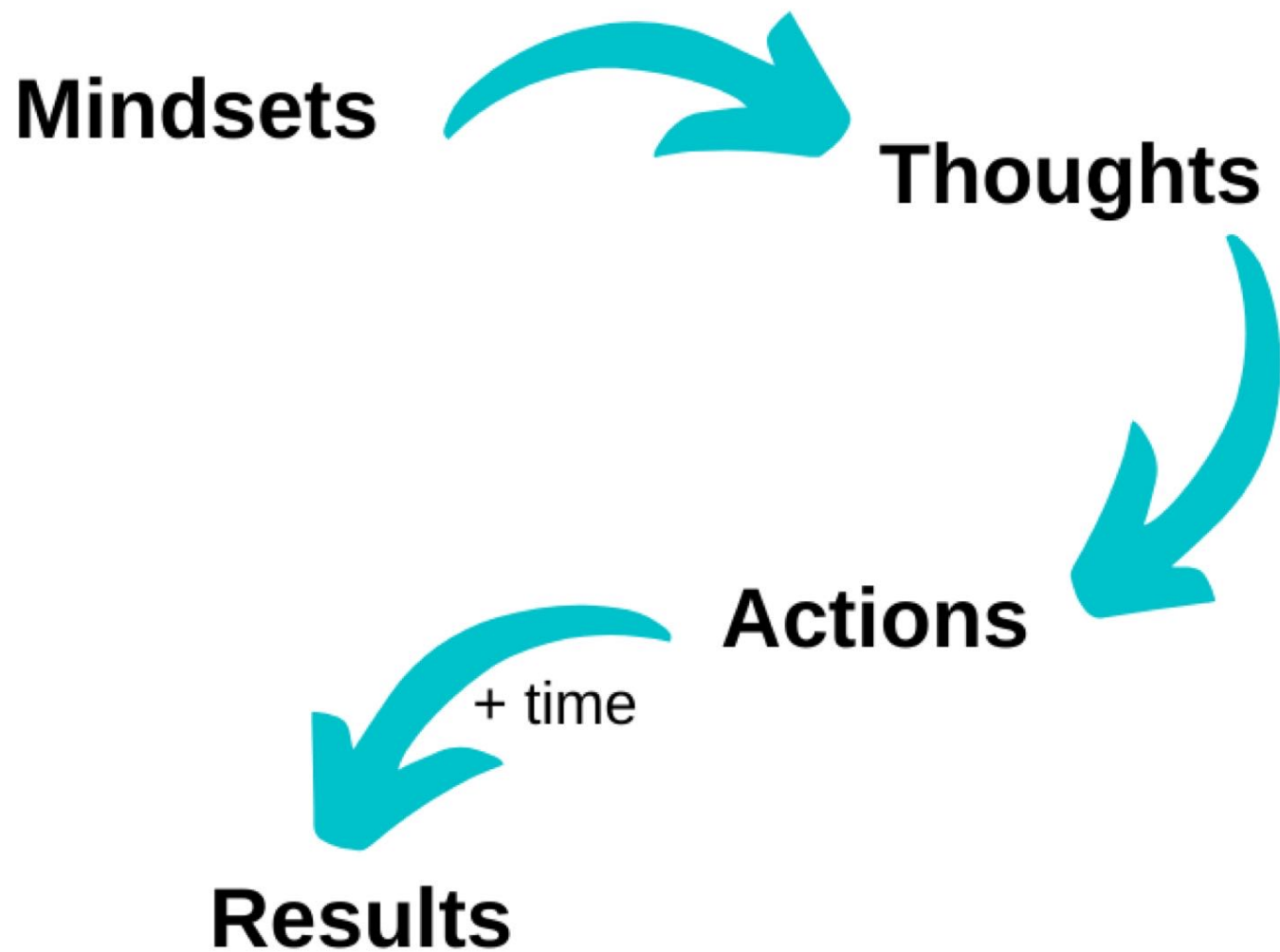


**SPORTS**



**BULLYING**

# HOW MINDSET WORKS



People have two types of mindset: Growth mindset or Fixed mindset

# GROWTH MINDSET

## People with growth mindset:

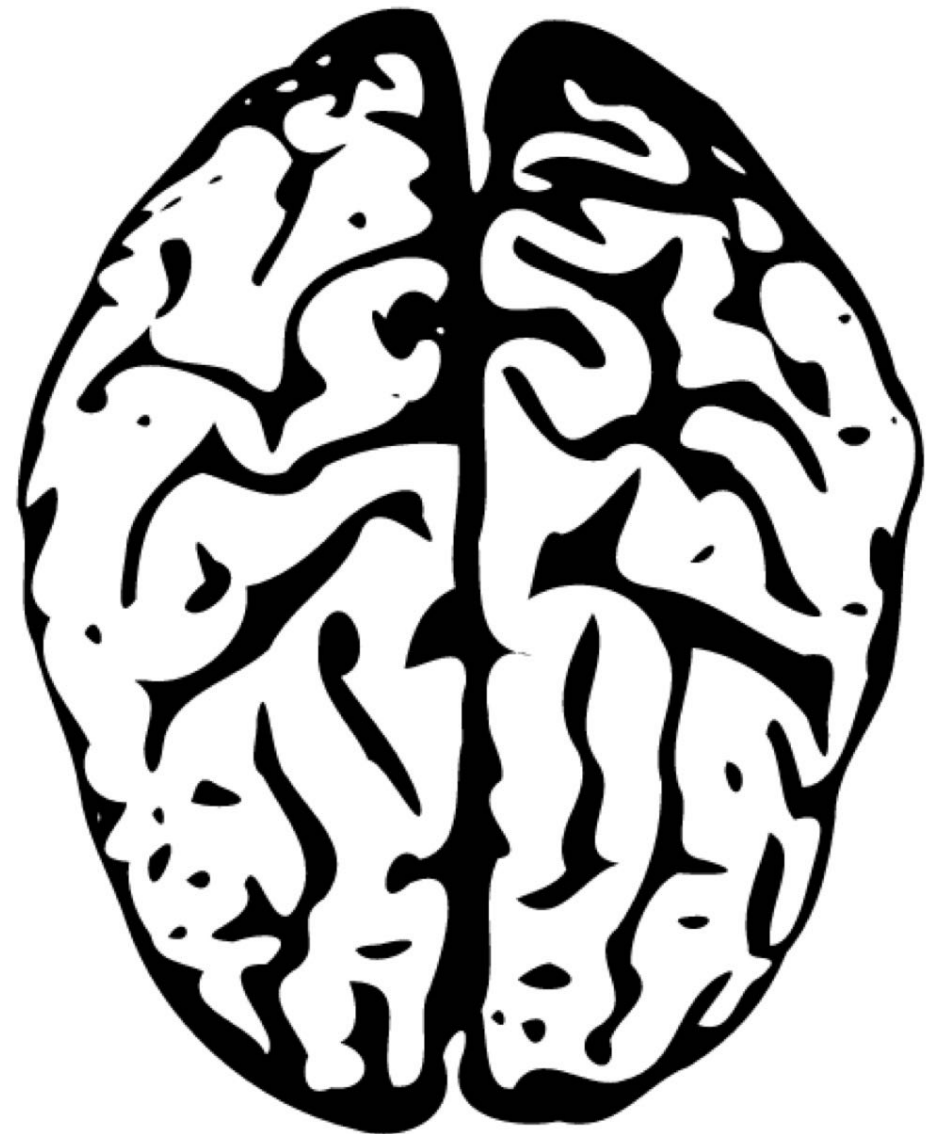
- Believe that human qualities can be cultivated through effort
- Improvise when challenged
- Self-aware about their strengths and weaknesses
- Open to honest criticisms



# FIXED MINDSET

## People with fixed mindset:

- Believe that not all human qualities are susceptible to improvement and require necessary “genes”
- Avoid challenges as much as possible
- Poor estimation about their abilities
- Resistance to honest criticisms



# CONCLUSION



With practice, training and above all, method, we manage to increase our attention, our memory, our judgement and literally to become more intelligent than we were before

**Alfred Binet, the man behind development of IQ**



**Which type of **mindset** do you have?**

*Stay tuned for next posts in this series*