

Stella Frances

Find Your Happy



The Power Principle of Mindset

***“Whether you think you can or think you can’t you are right.”
~ Henry Ford***

COMPLETED BY:

DATE:

Mindset



***"You're in charge of your mind.
You can help it grow by using it in the
right way."* -Carol Dweck**

Objectives

- Discover your operating system. The Mindsets Quiz: Fixed or Growth.

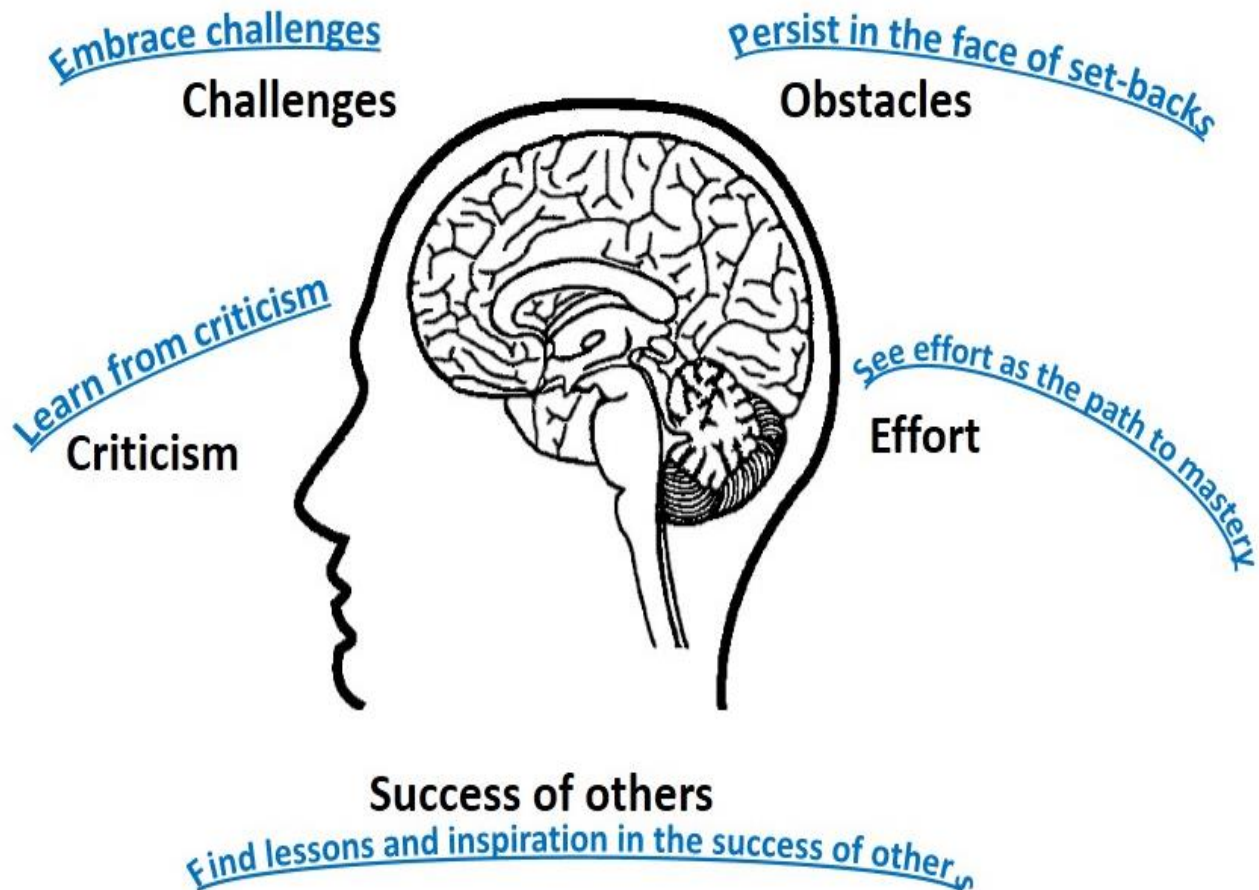
I'M YOUR CONSTANT COMPANION.

I'm your greatest helper or your heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me, and I will be able to do them quickly and correctly. I'm easily managed but you must be firm with me. Show me exactly what you want. Show me exactly how you want something done. After a few lessons I will do it automatically.

I am the servant of all great men, but alas, of all failures as well. Those who are great, I have made great. Those who are failures, I have made failures. I'm not a machine though I work with all the precision of a fine machine, plus the intelligence of man.

You may run me for profit or run me for ruin, it makes no difference to me. Take me, trade me, be firm with me, and I will put the world at your feet. Be easy with me, and I will destroy every dream you have. So what am I? I am your thinking. I'm your thinking!

Anonymous



Winners always have a positive outlook and mindset.

Choose to change your life starting this moment and start by thinking in a more positive way, in every moment of each day. Read inspirational material and use affirmations and quotes to help you develop a winning mindset.



“People often say motivation doesn’t last. Well, neither does bathing—that’s why we recommend it daily.” — Zig Ziglar

Mindset Quiz

How curious are you to know what mindset you running on? Let's find out. Start by placing a check in the column that identifies the extent to which you agree or disagree with the statement. Then use the KEY -at the next table- to arrive at your scoring.

THE MINDSET QUIZ by Carol Dweck	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Your intelligence is something very basic about you that you can't change very much.				
2. No matter how much intelligence you have; you can always change it quite a bit.				
3. You can always substantially change how intelligent you are.				
4. You are a certain kind of person, and there is not much that can be done to really change that.				
5. You can always change basic things about the kind of person you are.				
6. Music talent can be learned by anyone.				
7. Only a few people will be truly good at sports – you have to be “born with it.”				
8. Math is much easier to learn if you are male or maybe come from a culture who values math.				
9. The harder you work at something, the better you will be at it.				
10. No matter what kind of person you are, you can always change substantially.				
11. Trying new things is stressful for me and I avoid it.				
12. Some people are good and kind, and some are not – it's not often that people change.				
13. I appreciate when parents, coaches, teachers give me feedback about my performance.				
14. I often get angry when I get feedback about my performance.				
15. All human beings without a brain injury or birth defect are capable of the same amount of learning.				
16. You can learn new things, but you can't really change how intelligent you are.				
17. You can do things differently, but the important parts of who you are can't really be changed.				
18. Human beings are basically good, but sometimes make terrible decisions.				
19. An important reason why I do my school work is that I like to learn new things.				
20. Truly smart people do not need to try hard.				

Circle the number in the box that matches each answer.

KEY	Strongly Agree	Agree	Disagree	Strongly Disagree
1. ability mindset – fixed	0	1	2	3
2. ability mindset – growth	3	2	1	0
3. ability mindset – growth	3	2	1	0
4. personality/character mindset – fixed	0	1	2	3
5. personality/character mindset – growth	3	2	1	0
6. ability mindset – growth	3	2	1	0
7. ability mindset – fixed	0	1	2	3
8. ability mindset – fixed	0	1	2	3
9. ability mindset – growth	3	2	1	0
10. personality/character mindset - growth	3	2	1	0
11. ability mindset – fixed	0	1	2	3
12. personality/character mindset – fixed	0	1	2	3
13. ability mindset –growth	3	2	1	0
14. ability mindset – fixed	0	1	2	3
15. ability mindset – growth	3	2	1	0
16. ability mindset – fixed	0	1	2	3
17. personality/character mindset – fixed	0	1	2	3
18. personality/character mindset –growth	3	2	1	0
19. ability mindset – growth	3	2	1	0
20. ability mindset – fixed	0	1	2	3
Total				
Grand Total				

Scoring

Growth Questions

1. Strongly agree – 3 points
2. Agree – 2 points
3. Disagree – 1 points
4. Strongly disagree – 0 point

Fixed Questions

1. Strongly agree – 0 point
2. Agree – 1 points
3. Disagree – 2 points
4. Strongly disagree – 3 points

Strong Growth Mindset =	60-45 points
Growth Mindset with some Fixed ideas =	44-34 points
Fixed Mindset with some Growth ideas=	33-21 points
Strong Fixed Mindset=	20-0 points

Journal:

1. Now that you have scored it, do you think this is accurate?
2. Where in your life can you recognize fixed mindsets?
3. Where are you growth-minded?

*Adapted information from Mindset: The New Psychology of Success by Carol Dweck
How we can learn to fulfill our potential*

Alex Rodriguez, the great basketball player said, “You either go one direction or the other. “ Carol Dweck added to that: “You might as well be the one deciding the direction.” In her illustration below, she clearly defines the massive difference in “direction”. The bottom line: what will you choose? Stuckness or Happiness? For you to decide.

