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Growth Mindset

Published on November 27, 2017



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What got you here, won't get you there - besides being a book title, it is somewhat a growth philosophy. You have to re-invent yourself if you want to be successful in what you are doing. Moving forward. Surviving.

Survival: *the art of humans to cope with change*. I have been thinking for many years, how our instincts to survive, to hunt are actually being demonstrated today? I am reading a book about [Growth Mindsets](#) by Carol Dweck. I am utterly fascinated by the examples of the different mindsets. This is one of the many things that has attracted me to personal development for over 20 years.

One mindset, the fixed one, is when people just think that they are limited in what they can do. When they cannot think outside *their* box, think they are always right, don't like to be challenged and don't compromise on their skill set. What it means is that they stick to what they know and either are able to do a task or not. Very black and white. Those people are always getting in the same situation over and over again. They will fail on the same tasks. They never go beyond their current limitations. Stuck in their ways really. But that can be changed and challenged.

On the other hand people with a growth mindset have a can do attitude. They can learn anything they want, and see challenges as an opportunity to grow. They take feedback constructively and they constantly try new things. They should be encouraged to grow (and most of them encourage themselves), they want to be challenged. I like to challenge my kids, without trying to install a mindset that I am never pleased with them. A fine balance but again, it is possible.



Looking back at my life, I think I had a very much limiting belief set on top of a growth mindset. Once I discovered that I could challenge myself, and influence my own mindset and thinking, I enabled a growth mindset. I unlocked my inner potential. Hence, in difficult times, I am looking for opportunities, rather than curling up and hiding. Some people would describe it as being entrepreneurial. Entrepreneurs more often than not would have a growth mindset.

Personally, I think that people with a growth mindset and a high EQ (emotional intelligence) outperform most other people. Why am I thinking that? Because they not only build great relationships and are very self aware, they are also looking for the best in others whilst driving to perfection themselves; they do not worry about tomorrow but about the constant challenge and opportunity to drive things forward.

This is what I am focusing on for [Ballueder Partners for coaching](#). A model for high achievers to be coached in techniques and in a way to outperform others. Absolutely ROI focused. Such as my self development over the years, going back 20 years when I started in the self development space and 15 years since I gained my Master Practitioner in NLP (Neuro Linguistic Programming).

Please get in touch if you would like to find out more. Details can be found on my website.

Thanks you,

Volker



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