



FIXED OR GROWTH MINDSET: WHICH DO YOU HAVE?

Dr. Carol S. Dweck, is one of the world's leading researchers in the field of motivation, and she wrote a book, titled "Mindset" in which she describes the difference between successful people and people who struggle. It is a great book, and I highly recommend it!

Basically, in a fixed mindset, you believe that your basic qualities, your intelligence and talents, are fixed. You are born with them, and if you are good at something, it shouldn't take any effort. And if you struggle, people will notice, and will judge you and think that you aren't good-so you worry more about what others think instead of working to improve your skills.

In a growth mindset, you believe that you can always improve your intelligence and talents through dedication and effort. So they work to get better, they embrace challenges and struggles. They judge themselves based on their effort and self-improvement.

Most great achievers-from sports to business-have a growth mindset.

Fixed vs Growth Mindset

Fixed Mindset:

-Believe that people are born with a certain level of talent/ability, that some people are just "Naturals."

-Believe if you are really good at something, it should be easy.

-Compare their traits to others, worry if they are adequate, constantly judge themselves and others, always feel like they have to prove their worth.

-Fear failing, worry about others thinking that they aren't good enough-so they often do not push themselves or their limits where they might fail.

-Are extrinsically motivated-work because they worry about what others think of them.

Growth Mindset:

-Believe that with effort, anyone can improve their knowledge, skills, and abilities.

-Being "good" at something is the result of perseverance, dedication, and practice.

-Understand that in order to be good, you will struggle. You will fail. It is just a part of learning and growing and getting better.

-Have their own personal scorecard. Judge themselves based on their efforts and personal improvements, not based on what other people do, say, or might be thinking.

-Are intrinsically motivated. They pursue their passion because it brings personal growth and enjoyment.

Fixed vs Growth Mindset

Journaling Prompts:

Is there a talent or ability you would like to have, but don't? How do you know that you don't have the ability? What is the evidence?

Can you name one thing that you could do to develop that talent or ability?

Think of a time when you faced a challenge with your horse and were in a fixed mindset. What were your thoughts and worries? What were your thoughts about your own skills and abilities to handle the challenge? What were your thoughts about your horse's abilities? What were your thoughts about what other people would think? What were your thoughts about the possibility of failure? Describe your thoughts in detail.

Now, looking back at the previous question, and switch to a growth mindset. Look at the challenge as an opportunity to learn and grow. What plans or strategies to address the challenge are you thinking about now?

Moving forward, how can you shift to a growth mindset to improve your horsemanship journey?