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For creating a Better Society

~ an initiative by IIMC and YB*

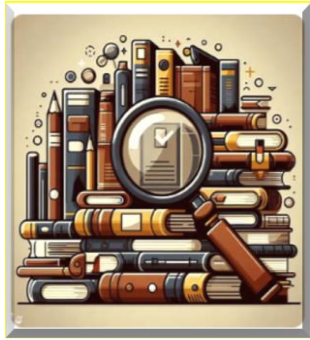
Read ~ to inspire

10 March 2024

"Mindset: The New Psychology of Success" by Carol S. Dweck explores the concept of mindset and its impact on achievement, growth, and resilience. Dweck introduces two main mindsets: the fixed mindset and the growth mindset.

Fixed Mindset: Individuals with a fixed mindset believe that their abilities and intelligence are innate and unchangeable. They tend to avoid challenges, give up easily in the face of obstacles, and view effort as fruitless. Feedback and criticism are often perceived as threats to their self-esteem, leading them to feel discouraged or defensive.

Growth Mindset: On the other hand, individuals with a growth mindset believe that their abilities can be developed through dedication, effort, and perseverance. They embrace challenges as opportunities for growth, persist in the face of setbacks, and see failures as learning experiences. Feedback and criticism are valued as opportunities for improvement, driving them to seek continuous development and mastery.



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Throughout the book, Dweck presents research findings and real-life examples to illustrate the impact of mindset on various aspects of life, including education, sports, business, and personal relationships. She argues that individuals can cultivate a growth mindset by adopting certain beliefs and behaviors, such as embracing challenges, learning from failures, seeking feedback, and maintaining a focus on progress and improvement.

By shifting from a fixed mindset to a growth mindset, individuals can unlock their full potential, achieve greater success, and develop resilience in the face of adversity. "Mindset" serves as a powerful guide for understanding the psychology of achievement and empowering individuals to thrive in all areas of their lives.