

## MINDSETS: FIXED VS GROWTH

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At any point in life, you possess the ability to change your perspective. Have you found that success does not erase insecurity and self-doubt? Do you know what it feels like to long for a different life? This course provides inspirational stories and practical insights into how ordinary people have and can choose to change from a fixed to a growth mindset.

The stories we believe are the unconscious beliefs that drive our decision-making. Learn about mindsets, how the brain functions through neuroplasticity, and understand the difference between having a fixed and growth mindset approach to life. "The most significant obstacle (in life) is the mental model people have chosen for themselves."

Evolving a new mindset requires significant decisions that must be made in order for you to regain control of your life. "The decision to change direction in life can be made in an instant, but the process of actually changing your mindset may take months or years."

### CHANGING YOUR MINDSET CAN CHANGE YOUR LIFE:

- Mental models are not fixed, we are not set in our ways
- Learn to challenge your perspective
- You have the ability and responsibility to take control of your life
- Discover the value in serving others and providing opportunity

### YOU WILL LEARN HOW TO:

- Understand the difference between fixed and growth mindsets
- Gain a new perspective on life, allowing for personal growth
- Reframe situations in your life
- Regain control of your life

