Share a book letter: Mindset

Subject:  *The view you adopt for yourself profoundly affects the way you lead your life*

Dear ……,

On basis of 30 years of research you can determine whether you become the person you want to be and accomplish the things you value. You will explore ways to recognize the mindset that is guiding your life, to understand how it works, and how to change it, if you wish.

How people achieve expertise, is not some fixed prior ability, but *purposeful engagement*. *Purposeful engagement* steers you into the right direction to realize your goals by learning what specific expertise you need to guide your dream. It is all a matter of mindset. You have a choice between a *fixed mindset* or a *growth mindset.*

The *fixed mindset* creates an urgency to prove yourself repeatedly. Every situation calls for a confirmation of your intelligence, personality, or character, by evaluating: “Will I succeed or fail?” “Will I look smart or dumb?” “Will I be accepted or rejected?” “Will I feel like a winner or a loser?” This *fixed mindset* can lead to the feeling of extreme failure unable to come to action.

This *growth mindset* is based on the belief that your basic qualities are things you can cultivate through your efforts, your strategies, and help from others. This belief creates a passion for learning. Getting better? Look for friends or partners who will challenge you to grow? The passion for stretching yourself and sticking to it, especially when you go well, is the attitude of the *growth mindset*. People with the *growth mindset* cope directly with challenges. Meaning, actively and consciously tackling a problem or a stressful situation, rather than avoiding it.

Mindsets apply to your *intelligence mindset* for mental ability and your *personality mindset* for personal qualities, such as being dependable, cooperative, caring, or socially skilled. The *fixed mindset* is concerned with being judged, while the *growth mindset* is concerned with improving. The key takeaway is: You can change and improve your mindset by learning. The fixed ability and the changeable ability – the *leaners* (changeable ability) and the *non-learners* (the fixed ability). Conclusion, people with a *growth mindset* win. *You aren't a failure until you start to blame others.*

Furthermore, the research reveals that people with a *growth mindset* (the learners), gain confidence, while people with a *fixed mindset* (the non-learners), erode their confidence. People with a *growth mindset* love what they are doing and continue to love it in the face of difficulties, resulting in winning. Winning is much more about process than about talent.

Therefore, it is not about buying talent, but about buying mindset. The idea of the natural talent is often an illusion. Success stems from the mind, believing that the mental toughness and the heart are a lot stronger than some of the advantages people might have.

The focus is on character, as character grows out of your mindset. Ability can get you to the top, but it takes character to keep you there. Character is a combination of *heart, will*, and *the mind.* These ingredients of a winner are what defines greatness. Thus, more than ability, you need character, because mindset redefines success and failure.

Leaders of organizations that grow, operate from a *growth mindset*, believing fundamentally in human development. The world of the *growth mindset* leader is expansive and filled with energy and possibility, a powerful alternative to the oppressive world of the *fixed mindset*. Leaders with a *growth mindset* learn to select people for their mindset and passion, as they know that workers are the real heroes.

For more in-depth knowledge read the *Actions for impact*, study the *Mindmap*, read the full *Summary* or listen to the *Podcast*.

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Here is the [link](https://globalreadingclub.com/books/mindset) taking you straight to the book *Mindset.*

Enjoy reading and listening.

(Your name)

P.S. Attached is the Newsletter, covering the book *Mindset*