



BOOK NOTES

Mindset

by Carol S. Dweck

- Challenges are opportunities to grow, not threats to avoid.
- Praise effort and strategies over outcomes or personality traits.
- Setbacks are feedback and learning data, not personal flaws.
- Change “I can’t to this” to “I can’t do this...yet”.
- Treat others successes as inspiration, not as a threat.
- When facing difficulties, ask: What steps will help me improve?
- Plateaus are just a new floor. Effort + New Strategies = progress.
- Choose growth every day. Turn obstacles into fuel for lifelong development and resilience.
- Prioritize ‘what will I learn?’ over ‘How will I look smart’
- Recognize and talk back to fixed-mindset thoughts when they arise.
- Always value the process. Focus on learning, persistence, and improvement over proving talent.
- Model growth daily. Share your own struggles and how you overcome them.
- Celebrate your progress. Notice small improvements and hard work, not just outcomes.
- Turn obstacles into fuel for lifelong development and resilience.

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