Does your mindset help or hinder you?

Successful and happy people tend to have what Carol Dweck at Stanford calls a Growth Mindset. They are lifelong learners who learn their most valuable lessons from experience, self-awareness and experimentation. Some people are born with this mindset, but all of us can develop it with this simple one minute practice.

Every evening before you go to bed, answer these two questions taking 30 seconds for each.

- What have I learned today?
- What will I do differently tomorrow?

When you answer these two simple questions you commit to improving your own performance.

The rewards for this one minute a day are huge, and it all starts with making a commitment to your personal and professional growth. If you can develop and nurture your growth mindset, and move away from a fixed mindset, you’ll be amazed at the progress you can make.

If you want different results in your life, you need to change the way you do things. And when you’re faced with a decision, when you’re planning your day, when you’re meeting people in whatever you do, ask yourself “What would I do if I had a growth mindset?”

For more see our page: [Mindsets](#)