

The Growth Mindset



RESOURCE CHEAT SHEET

As part of what we offer to readers of “The Growth Mindset: How to Break Free from Limiting Beliefs and Live Your Best Life,” we provide you this list of curated websites, blogs, forums and communities, and additional readings.

While we offer what we can on the topic of growing a positive mindset, we can only provide so much. Not to mention, there are a wealth of resources that you can take advantage of beyond the book itself. Please be sure to check out as many as you like so you have a deeper understanding and knowledge of building a growth mindset from the ground up.

Now, let’s take a look at the following resources down below:

Websites

MindsetWorks (<https://www.mindsetworks.com/>)

A comprehensive resource on the growth mindset, offering articles, videos, and tools to help you cultivate and apply the mindset in various aspects of your life.

PositivePsychology.com (<https://positivepsychology.com/growth-mindset-vs-fixed-mindset/>)

An in-depth exploration of the growth mindset, including its differences from a fixed mindset and practical strategies to develop it.

Psychology Today (<https://www.psychologytoday.com/us/blog/the-moment-youth/201601/developing-growth-mindset-in-children>)

An article focusing on developing a growth mindset in children, highlighting its importance from a young age.

Edutopia (<https://www.edutopia.org/growth-mindset-resources>)

A collection of resources for educators, parents, and students to promote growth mindset in education.

Blogs

Brain Pickings (<https://www.brainpickings.org/2014/01/29/carol-dweck-mindset/>)

An exploration of Carol Dweck's groundbreaking work on the growth mindset, delving into its origins and implications.

James Clear's Blog (<https://jamesclear.com/fixed-mindset-vs-growth-mindset>)

An article discussing the differences between a fixed mindset and a growth mindset, with actionable insights on how to shift your perspective.

Pick the Brain

(<https://www.pickthebrain.com/blog/growth-mindset-vs-fixed-mindset-which-one-do-you-have/>)

An insightful post comparing the growth mindset and fixed mindset, along with tips for fostering the growth mindset.

Forums and Communities

Reddit - r/GrowthMindset (<https://www.reddit.com/r/GrowthMindset/>)

A subreddit dedicated to discussions, resources, and personal experiences related to cultivating a growth mindset.

Quora - Growth Mindset Topic (<https://www.quora.com/topic/Growth-Mindset>)

An active community on Quora where users share their questions, insights, and tips related to the growth mindset.

LinkedIn Groups - Growth Mindset Enthusiasts
(<https://www.linkedin.com/groups/8848231/>)

A professional networking group for individuals interested in embracing and developing the growth mindset.

Additional Readings and Books

"Mindset: The New Psychology of Success" by Carol S. Dweck

A seminal book by the pioneer of the growth mindset concept, Carol Dweck, offering a deep dive into the psychology of success.

"Grit: The Power of Passion and Perseverance" by Angela Duckworth

While not focused solely on the growth mindset, this book explores the importance of perseverance and passion in achieving long-term goals.

"Drive: The Surprising Truth About What Motivates Us" by Daniel H. Pink

This book delves into the science of motivation and how fostering a growth mindset aligns with intrinsic motivation.

One thing to remember is that a developing growth mindset is an ongoing journey that requires consistent effort and introspection. The websites, blogs, forums, and readings listed here offer a wealth of insights, strategies, and real-life experience to help you cultivate resilience, embrace challenges, and unlock your full potential.

Keep in mind that your journey towards a growth mindset is unique. Please be sure to adapt and personalize the strategies you discover to suit your own circumstances and goals. With these resources at your fingertips, you're equipped to embark on a transformative path toward a life filled with continuous growth and achievement.

We encourage you to take notes in the same way you may have while reading our book. At the same time, we also recommend that you take the necessary steps that will be useful in putting together a growth mindset. Without a clear roadmap put together by these resources above (and what you've learned in the book), you've got no direction to go in.

Wrapping this up, we wish you all the best in your journey towards a growth mindset that you can maintain for as long as possible. Imagine the results you'll get just by using it to your advantage for every goal you set out to do.