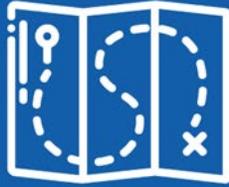


The Mindset Quest

to personal success



Just like food nourishes our bodies, information and continued learning nourishes our minds.



QUEST PREP: Before you begin your Mindset Quest to Personal Success, take a few minutes to answer the following questions. *(Circle or highlight your answers.)*

MOSTLY AGREE

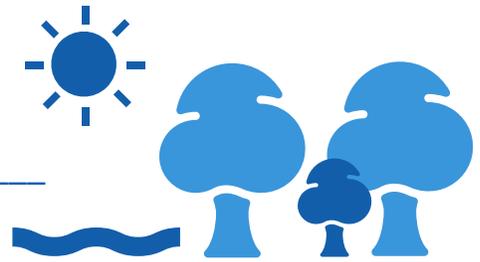
DISAGREE

1. Your intelligence is something very basic about you that you can't change very much.		
2. You can learn new things, but you can't really change how intelligent you are.		
3. No matter how much intelligence you have, you can always change it quite a bit.		
4. You can always substantially change how intelligent you are.		
5. You are a certain kind of person, and there is not much that can be done to really change that.		
6. No matter what kind of person you are, you can always change substantially.		
7. You can do things differently, but the important parts of who you are can't really be changed.		
8. You can always change basic things about the kind of person you are.		

NOTES:



STOP #1: _____



What is lifelong learning?

Your brain is similar to your muscles in the sense that it needs exercise and activity to stay strong.

Why is lifelong learning a critical element of personal success?



**LOOKOUT for
OBSTACLES**



What obstacles can get in our way to lifelong learning?



SWAMP of TOXIC ATTITUDES



- **Being negative**
- **Waiting idly by** (success isn't going to drop in your lap – you need to move yourself forward)
- **Not believing in your own success** (*“If you think you can or think you can't, either way you are right.”*) (*What can you do?*)
- **Blaming other people** (engage your ownership thinking)
- **Not asking for help** (you can't do it all yourself – lean on other people's strengths)

NOTES:



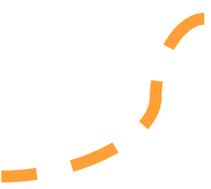


STOP #2: _____



<p>1. "I Love Me" File</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>	<p>2. "TO-LEARN" LIST</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>	<p>3. VARIOUS COURSES</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>
<p>4. CARE OF YOUR BODY</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>	<p>5. SPECIFIC GOALS</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>	<p>6. MORNING 15 MINUTES</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>
<p>7. EMBRACE CHANGE – LEAVE COMFORT ZONES</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>	<p>8. FAIL FORWARD ATTITUDE</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>	<p>9. GROWTH MINDSET vs. FIXED MINDSET</p> <p><input type="checkbox"/> Packed and ready to go!</p> <p><input type="checkbox"/> Not quite ready.</p>





1. “I Love Me” File

2. “To Learn” List

“Never stop learning. If you learn one new thing every day, you will overcome 99% of your competition.”
- Joe Carlozo

3. Various Courses





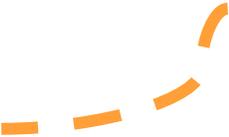
4. Care of Your Body

5. Specific Goals

“Set goals that excite you and scare you at the same time.”

6. Morning 15 Minutes





7. Embrace Change – Leave Comfort Zones

8. Fail Forward Attitude

*“Failures are stairs we climb to reach success.” - Roy Bennett
“If you think you can or you think you can’t, either way you are right.”*

9. Growth Mindset vs. Fixed Mindset

ASK YOURSELF: “What’s the worst that could happen? If the worst thing happens, how can I respond?”



VS.



BELIEF: Intelligence is static

BELIEF: Intelligence can be developed



Leads to a desire to look smart and therefore a **tendency to...**

Leads to a desire to learn and therefore a **tendency to...**

... avoid challenges

CHALLENGES

... embrace challenges

... give up easily

OBSTACLES

... persist in the face of setbacks

... see effort as fruitless or worse

EFFORT

... see effort as the path to mastery

... see effort as fruitless or worse

CRITICISM

... see effort as the path to mastery

... feel threatened by the success of others

SUCCESS OF OTHERS

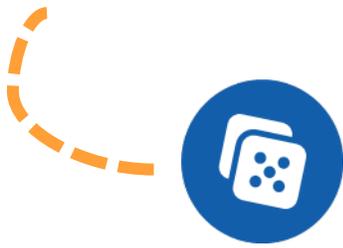
... find lessons and inspiration in the success of others

As a result, they may plateau early and achieve less than their full potential

As a result, they reach ever-higher levels of achievement

NOTES:





STOP #3: Change Your Words, Change Your

FIXED MINDSET STATEMENTS	GROWTH MINDSET STATEMENTS
1. "I am too old to ..."	
2. "I give up!"	
3. "I'll never be that smart."	
4. "I can't believe they gave that position to someone else! They don't work any harder than I do!"	
5. "It's too hard."	
6. "I can't do that! There is already someone out there doing it better than me."	
7. "I failed so therefore I am not good at it. I quit!"	
8. "It is what it is."	
9. "I don't need to learn any more."	
10. "I'd never get that job, so I'm not going to apply."	
11. "That's the way it's always been done."	
12.	
13.	
14.	

PSYCHOLOGICAL TOOLS TO MASTER FOR SUCCESS:

- Learn visualization techniques
- Avoid negative thoughts
- Meditate – take a few minutes per day to control your breathing and focus your mind
- Be resilient
- Only compete against yourself – comparison is the thief of joy
- Set small challenges – break your goal into small parts – take one bite at a time
- Be persistent – don't wait until you feel like it
- Celebrate your wins along the way – look back at where you started and how far you have come
- Be grateful

GROWTH MINDSET QUESTIONS

What made you think hard today?

How will you challenge yourself today?

What can you learn from this experience or mistake?

What would you do differently next time to make things work better?

What else do you want to learn?

What strategy can you try?

Who can you ask for honest feedback?

Did you work as hard as you could have?

If it was too easy, how can you make it more challenging?

Did you hold yourself to high expectations or did you accept “good enough”?

Did you ask for help if you needed it?

What can you do to manage distractions?

Have you reviewed your work or logic for errors or flaws?

Are you proud of the end result? Why or why not?

What’s the next challenge to tackle?

Which one of the 9 items to combat obstacles are you going to work on? Be specific with your plan of action. Set SMART goals.

Perseverance and passion for what we do is the secret to achieving personal success. It is by far the most important factor, even more than talent and intelligence.