

Guidelines for a Growth Mindset



DEVELOP YOUR CURIOSITY.

If we started over, curiosity would be the most vital part of both demolition crew and reconstruction crew. —John Medina

IDENTIFY AND PURSUE JUICY DESIRED OUTCOMES.

Intense desire creates not only its own opportunities, but its own talents. —Eric Hoffer

RUN TOWARD CHALLENGES INSTEAD OF AWAY FROM THEM.

Nietzsche was striving to correct the belief that fulfillment must come easily or not at all, a belief ruinous in its effects, for it leads us to withdraw prematurely from challenges that might have been overcome if only we had been prepared for the savagery legitimately demanded by almost everything valuable. —Alain de Botton

RECOGNIZE THAT FAILURE AND SUCCESS ARE EQUALLY TRANSITORY, BUT YOU ONLY LEARN FROM FAILURE.

These are the only moments of learning—when things don't work. —Richard Saul Wurman

FOLLOW THE PATH OF THE TRICKSTER.

The trickster doesn't compete, doesn't compare, doesn't beat his head against the wall, doesn't wrestle demons, doesn't try to dominate mysteries that were never meant to be dominated in the first place. —Elizabeth Gilbert

