



# The Human Optimization Project

## Pod-Club

### **E36 Developing a Growth Mindset: How to Grow Beyond Your Fixed Thinking**

#### Discussion Questions for this Episode:

- 1) After reviewing this episode, how do you personally define a "growth mindset"?
- 2) Many of the benefits of having a growth mindset are obvious, but some are not as obvious. Which of the benefits of having a growth mindset was the most surprising, or most impactful to you?
- 3) List at least 5 common behaviors or habits you have that tend to highlight a "fixed mindset." Now list 5 that highlight your ability to have a "growth mindset."
- 4) We all tend to spend some time with a fixed mindset, and some in a growth mindset. What are the things (triggers) that commonly push you towards a fixed mindset rather than growth? Now that you've named them, how can you be on the lookout for them?
- 5) In what areas of your life are you worried about failure? What is it about that failure that you actually fear? What steps can you take to work through this?
- 6) In section three of the podcast, we listed over 10 steps you can take to move towards a "growth mindset." Pick three of these that most resonated with you and discuss why you think those three can be impactful in your life?
- 7) Tell your group at least one new thing (action step) you are going to do or behavior you are going to adopt to improve your growth mindset.
- 8) After others list the "one new thing" of "action step" they are going to do, help them refine that to make it clear: clear, objective, measurable, and simple.

The more we can make our actions clear, objective, measurable, and simple, the more likely we are to do them and enjoy the process!