



Human Optimization

Pod Club Discussion Questions



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

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The three big questions explored in the podcast:

Question 1

What is a growth mindset—and why does it matter?

Question 2

Why do we tend to default to a fixed mindset and what are the consequences?

Question 3

What steps can we take to build a growth mindset so we can flourish in both life and work?

Discussion Questions:

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. Based on this episode, what is one small change you are going to make to help improve in this area. How are you going to keep yourself accountable to that and measure your success? (Be sure to keep it simple, start small, and make it very clear).