

# **Chapter 1: Grit, Resilience, and the Growth Mindset – A Key Trio**

There are two different mindsets that we can experience – fixed or growth. The fixed mindset involves believing that your qualities cannot be changed and are set in stone. Meanwhile, the growth mindset involves believing that you can cultivate your own basic qualities through your own efforts.

Often, individuals have a fixed mindset about one aspect of their lives but have a growth mindset about another. Maybe you've always thought you were bad at math and believed that others were born with an innate ability to calculate. However, you are confident about your musical talent and seek opportunities to showcase it as often as you can. You believe that it's a skill you can develop over time with practice.

Every time you show off your talent and get positive feedback, you use it to improve. You're motivated to carry on practicing and perfecting your abilities.

With this in mind, it's easy to see why having a fixed mindset holds you back, preventing you from taking opportunities that are presented to you. But, how can a growth mindset be developed? The answers lie in grit and resilience. These three things work together to form a key trio that sets you up to overcome adversity and achieve success in your life.

## **Gaining Perspective for Growth Increases Resilience**

When you exhibit resilience, you can step back from challenging situations, accepting their negative elements while finding meaning and opportunity, even in the middle of adversity. When you find opportunities, you strive harder, set more ambitious goals and take the necessary actions to achieve those goals.

Perspective plays a major role in this. When you look at things from a more positive standpoint, your resilience can be greatly increased. Let's take a look at why.

When you take a positive perspective, your choice options expand exponentially. You become empowered rather than

disabled. You can begin to focus your efforts on the things that you're able to change while accepting those that you cannot.

With a positive perspective, you naturally become more resilient because of your acceptance of negativity. When you accept that bad things happen and sometimes there's nothing you can do to change them, but that instead, you can harness your own potential to change those things that are possible to alter yourself, you are given the power to improve your life.



You become more able to cope with problems and overcome adversity because you understand that you are the one thing in life you can control, and when you're able to take control over