



Mindset: Drive the Power of Habit from A Fixed Mindset to A Growth Mindset

Anna L. Matthews

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Mindset : Drive the Power of Habit from A Fixed Mindset to A Growth Mindset is a concise book on mindset and a guide on how an everyday person can successfully transition from a fixed mindset to a growth mindset. As you are reading this now, we already know that you are well entrenched in your mindset; It could be fixed or growth, or maybe a mixture of fixed and growth depending on the task at hand. Another thing we can agree on is that nobody likes failure. We all strive to win, but, we are so entrenched in our fixed mindsets that when we genuinely try to change, the challenges are so much that we give up and simply revert back to our comfort zone – the fixed mindset. Every journey begins with a specific destination in mind. To change your mindset, you must have a clear cut goal of what you want to change or achieve. The next step is to come up with a plan on how to arrive at your goal and what you need to do to get there. Change has to be gradual, with little daily increments that can be measured and sustained. You start with the change you as an individual can stomach, before diving into ones that could discourage you even before you start. Small successes motivate; and encourage you to tackle the bigger challenges. The author of Mindset: Drive the Power of Habit from A Fixed Mindset to A Growth Mindset has found a way to apply a growth mindset to every endeavor you undertake and see it to the conclusion you want – Success!. Avoid that Helplessness Syndrome that is the backbone of most failures and learn how to reach your goals and change your mindset through a proven strategy.

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