**The Two Types of Mindset**

People generally fall into one of two mindset categories. These include either a fixed or growth mindset. The mindset you have will determine the level of your success.

Here, we’ll look at the differences between a fixed and a growth mindset.

**Understanding a fixed mindset**

A fixed mindset is where you believe that your qualities and traits are fixed and cannot be changed. Challenges are avoided, you’ll give up easily when you encounter obstacles and you’ll put little effort into changing as it seems pointless.

Those with a fixed mindset tend to feel more threatened by those who have achieved success. They are also not going to live life to their full potential or achieve the things they really want.

Having a fixed mindset can be damaging, especially if it causes you to not even try to improve.

**What is a growth mindset?**

A growth mindset is basically the opposite of a fixed mindset. It allows you to believe that challenges are opportunities and there is always the chance to improve your skills. You will not only believe that you can grow your intelligence and skills over time, but you’ll also take steps to do so.

With a growth mindset, you’ll persist when you encounter a setback and embrace challenges. You will also learn from feedback given to you and put a lot of effort into changing. When you see successful people, you’ll try and learn from their success.

A growth mindset basically means you’ll be open to growth and development.

**How your mindset affects your life**

So, why does it matter what type of mindset you have? Well, there are a number of ways your mindset can impact your life. If you have a fixed mindset, it will typically:

* Cause you to give up on your dreams
* Prevent you from trying anything new
* You’ll stay stuck in a job or relationship you hate
* You won’t achieve success

Having a fixed mindset can negatively impact your life in a lot of ways. In contrast, a growth mindset will:

* Help you to learn new things
* Increase your chances of success
* Cause you to go after your dreams and never give up
* Help you to see bigger and better opportunities
* Help you to achieve success

A growth mindset is needed if you want to live your best life. When you develop a growth mindset, it makes you passionate about learning. A fixed mindset on the other hand, drives you to seek approval from others. You’ll also develop a lot more resilience with a growth mindset.

**Could your beliefs be holding you back?**

Now you know the difference between a growth and a fixed mindset, it’s time to address whether your current beliefs are holding you back.

Some beliefs you might currently hold if you have a fixed mindset, include:

“I’m not good enough”

“I’m not creative”

“I’ll never lose weight”

“I’m just not good with numbers”

These kinds of beliefs really hold you back, yet they are common in today’s society. If you believe you can’t do something, you won’t even try. This in turn sees you stuck in the same patterns of behavior.

In order to change your mindset, you’ll need to start small. It’s all about taking action to become a better person. As you start to take action and see results, it pushes you to continue.

As you can see, the mindset you have can greatly impact your life. By understanding the different mindsets and how they work, you can use it to develop a growth mindset. When you nurture your growth mindset, it’s going to help you to achieve your dreams and be the person you were born to be.