**5 Ways You Can Develop a Growth Mindset**

Now that you know what a growth mindset is and the benefits it can deliver, the question is how can you develop it?

If you’ve been stuck in a fixed mindset for years, you may find it difficult to adjust to a growth mindset initially. However, there are some tips and strategies you can follow which can make it easier.

Here, you’ll discover 5 ways to develop a growth mindset that are tried and tested.

**1. Stop seeking approval**

One of the key differences between a fixed and a growth mindset is the need for approval.

With a fixed mindset, you’ll typically rely a lot upon the approval of others. This is down to the fact that you don’t believe in your own abilities. However, with a growth mindset you aren’t concerned with approval, instead you are focused on learning.

So, if you are looking to adopt a growth mindset, it’s important to stop seeking approval from others. Start to sing your own praises and develop more belief in yourself.

**2. Start using mistakes as a learning opportunity**

Everybody makes mistakes and with a growth mindset, you can learn from them rather than let them hold you back.

When you start seeing mistakes as a learning opportunity, you’ll be able to move closer to achieving your life goals. Whenever you make a mistake, analyze it. What went wrong and what could you do differently next time to guarantee success?

The more you learn, the less likely you’ll be to make the same mistakes again.

**3. Pay attention to your thoughts**

When you’re trying to change your mindset, it’s important to pay attention to your thoughts. By identifying fixed mindset thinking early, it gives you the opportunity to switch it to a growth mindset.

So, learn how to start recognizing when your fixed mindset kicks in. As soon as you notice it, switch it to a growth mindset thought. Use the examples you’ve learnt as a starting block. By switching negative thinking to positive thinking, it’s going to help you maintain a growth mindset.

**4. Don’t forget to praise your efforts**

It’s common to only celebrate the wins in life. However, a growth mindset is more about the effort you put into changing and reaching your goals. If you don’t praise your efforts, you will find it harder to stick to the changes you are trying to make.

So, when you’ve worked hard to change and you know you have put a lot of effort in, be sure to praise yourself. Even if you fail, praise the amount of effort you made and then use it to do better next time.

**5. Make sure you are realistic**

Finally, if you want to develop a growth mindset, you need to make sure you are being realistic. That means, ensuring your goals are small and achievable.

If you attempt to work on a big goal without splitting it down, it can have a negative impact on your mindset. You also need to be realistic about how quickly you can develop a growth mindset. It isn’t going to happen overnight so be sure not to put too much pressure onto yourself.

These are some of the most effective ways to develop a growth mindset. The key is to persevere and be consistent in your efforts. It may take a while to adopt a fully growth mindset, but it is totally possible.

Once you develop a growth mindset, it’s going to have a significant positive effect on your life. So, start following the steps above today to start developing a growth mindset.