**What is Growth Mindset & Why is It Important?**

If you look at most successful people, you’ll find they have one thing in common – a growth mindset. In order to achieve things in life, you have to be willing to grow and adapt.

Having a growth mindset can help you to better yourself, advance in your career and achieve the things you want in life. The question is, what is a growth mindset and why is it so important?

**What is a growth mindset?**

The term “Growth mindset” was coined by Carol Dweck, a Stanford Psychologist. She was researching into the power of our beliefs and how changing them can impact our lives.

A growth mindset is where we believe that our skills and abilities can be developed over time. If you have this type of mindset, you’ll believe that with hard work and commitment, you can develop your abilities and intelligence.

**Why does it matter?**

So, why does it matter whether or not you have a growth mindset? Well, if you don’t, you’re going to find it difficult to achieve the life you want.

Your mindset impacts everything from the way you live to the relationships you have. For example, if you believe you aren’t worth anything, you’ll naturally attract people who also don’t see your worth. Or, if you believe you aren’t good enough for a job you really want, you’ll avoid going for it in the first place. With a growth mindset on the other hand, you’d apply even if you had doubts about your abilities.

The mindset you have can drastically change your life. So, if you’re looking to achieve your goals and live a happy and fulfilled life, a growth mindset is paramount.

**Common growth mindset misconceptions**

There are a lot of common growth mindset misconceptions out there. Being aware of the facts behind the myths is crucial if you want to make a growth mindset work for you.

Some of the most common misconceptions include:

* A growth mindset is all about praise and reward
* You can either have a fixed or a growth mindset
* It isn’t possible to develop a growth mindset
* It is about being happy all of the time
* A growth mindset is the only thing you need for success

These are just some of the common misconceptions over what a growth mindset is and how it works. While a lot of growth mindset does revolve around praising and rewarding yourself, that isn’t all it consists of. Instead, it focuses more upon learning from experiences and seeing opportunities in challenges.

So, now you understand more about what a growth mindset is, the question is, is it possible to change your mindset?

**Is it possible to change our mindset?**

The good news is that it is possible to change our mindset. However, it may take a while depending upon how long you have been stuck in your current fixed mindset. The longer you have been living with a fixed mindset, the harder it will be to change. However, it is always possible to change it regardless of how ingrained it is.

The key to changing your mindset is to take it slowly. You are going to need to actively work on taking small steps to adopt a growth mindset. You will need to start challenging limiting thoughts and behaviors. Only by being consistent will you see a change in the way you think.

So, if you are looking to improve your life and achieve your goals, a growth mindset is essential. Now that you know what it is, you can start to work on developing a growth mindset without falling victim to its many misconceptions. With effort, patience and persistence, you can start to turn your fixed mindset into a growth mindset.