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HEALTH MENTOR: MINDSET

Fixed Mindset VS Growth Mindset



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INTRODUCTION

fixed mindset

people who see their qualities as fixed traits that cannot change. With a fixed mindset, talent is enough to lead to success and effort to improve these talents isn't required: one is born with a certain amount of skill and intelligence that can't be improved upon.

I give up..

Oh no.. I can't do this at all



growth mindset

people who thrives on challenge and sees failure not as evidence of unintelligence but as a heartening springboard for growth and for stretching our existing abilities.

I can solve this, I just need to remember what the formula was!



2 MINDSETS

FIXED mindset:
intelligence is static.

This leads to a desire to look smart and therefore a tendency to...

CHALLENGES

...avoid challenges



OBSTACLES

...give up easily



EFFORT

...see effort as fruitless or worse



CRITICISM

...ignore useful negative feedback



SUCCESS OF OTHERS

...feel threatened by the success of others



As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

GROWTH mindset:
intelligence can be developed.

This leads to a desire to learn and therefore a tendency to...

...embrace challenges

...persist in the face of setbacks

...see effort as the path to mastery

...learn from criticism

...find lessons and inspiration in the success of others

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**

but..

how do we change

our mindset?



we can start by

changing our lifestyle..

understanding human behaviour

What is 'lifestyle'?

Our everyday 'actions' are typical for each of us - same daily activities that we do to go through our day. Either because we are comfortable with it or we know what the outcomes will be. Our repetitive nature of our actions allows us to identify our behaviours.

For example,

"I wake up everyday at 6 am for a run."

"I eat fruits before main meals."

These repetitive 'actions' are identified as our predictable behaviours. If any action wasn't repeated consistently, we wouldn't consider it as behaviour.

In other words, an action can slowly become our behaviour IF we do it consistently.

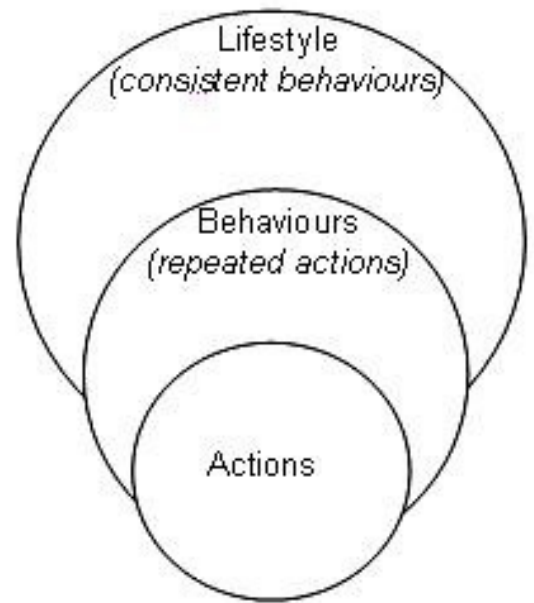
And very often, we use a set of behaviours to describe someone's lifestyle.

For example,

"She's an athlete."

That's because she always run everyday at 6 am.

These descriptions conjure up stereotypes of the lifestyles these people lead. So a lifestyle can be seen as a set of repeated actions that we call.. 'behaviours.'



Behavioural Model

(<https://www.ptdirect.com/training-design/exercise-behaviour-and-adherence/understanding-human-behaviour-exercise>)



How behaviours form: PAIN VS PLEASURE



Our repetitive actions are subconscious because we have learnt that the action does not cause undue pain and has acceptable outcomes.

For example, we might go to a job that we dislike because we know we can cope and getting paid is a good outcome.

We also seek **pleasure**.

We take actions that will likely help us meet our emotional needs and will repeat actions that result in some form of emotional satisfaction (as long as we perceive the pain to be worth it).

However, our drive to avoid pain typically far outweighs our drive to seek pleasure because humans are essentially 'safety first, satisfaction second' beings.

When the outcome of an action results in overwhelming pain, we avoid it and replace with another alternative action immediately - sometimes without conscious thought. It is often an instinctive response rather than a logical decision.

For every action has an immediate effect - either giving us pain or pleasure. If it results in pain, the action is less likely to be repeated. If it results in pleasure, it is more likely to be repeated.

'Pain' is not physical in this instance. It is emotional. Everything we do, we attach an emotion to in the brain.

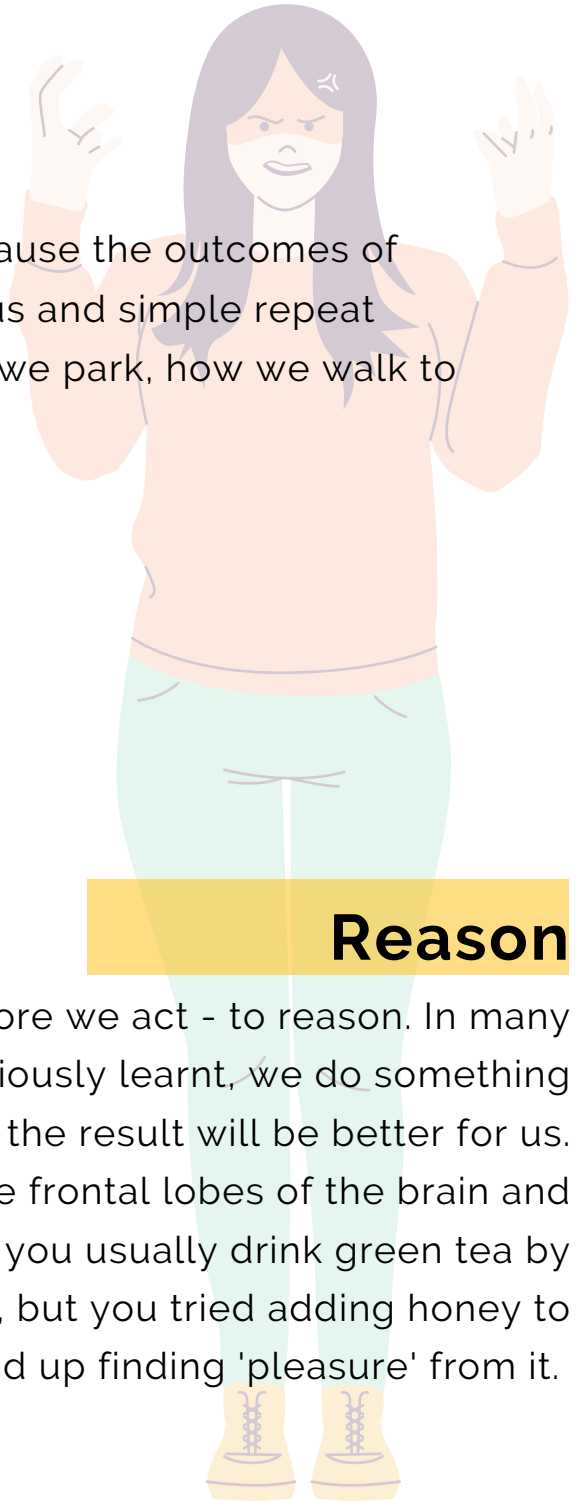
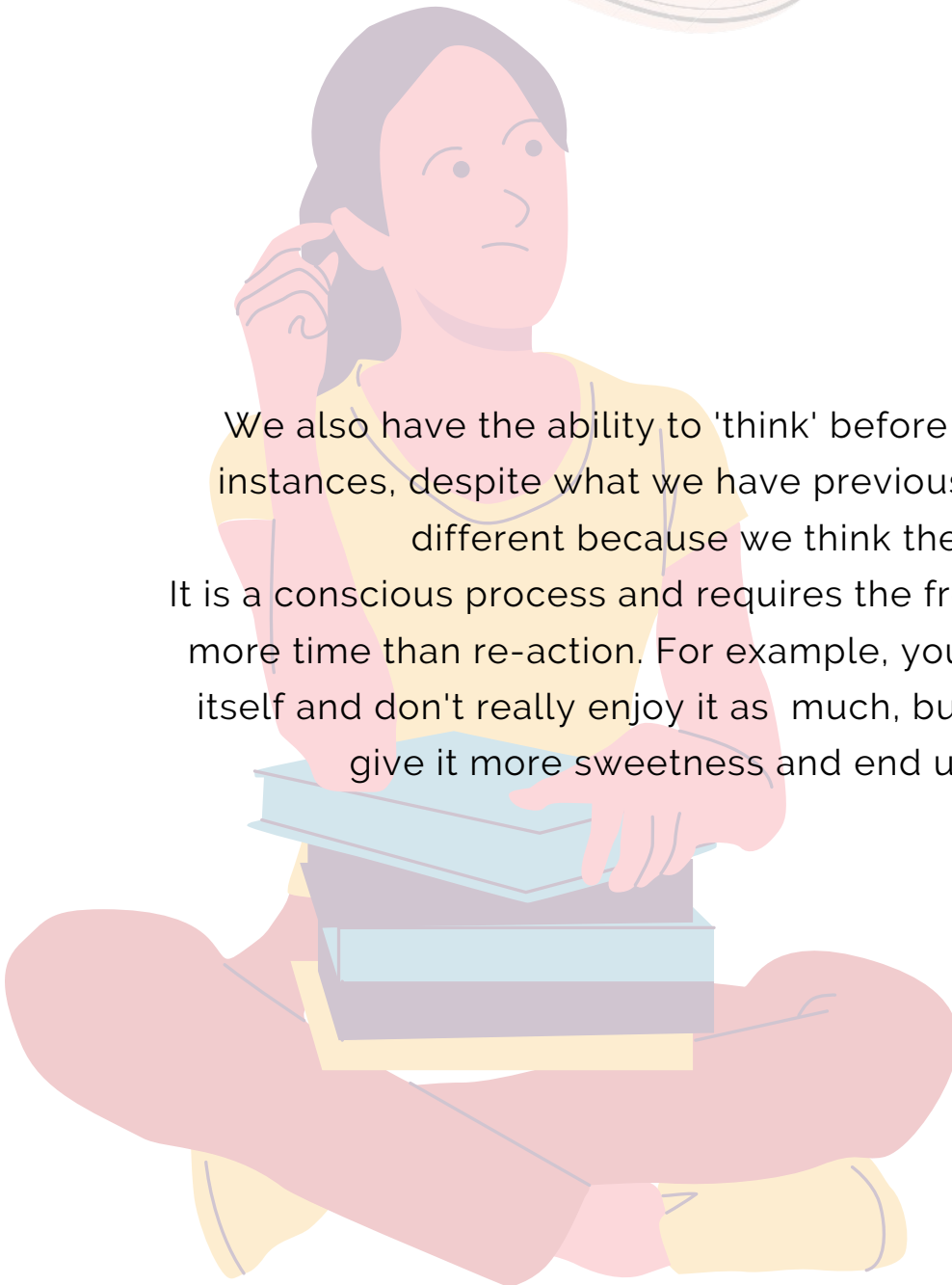
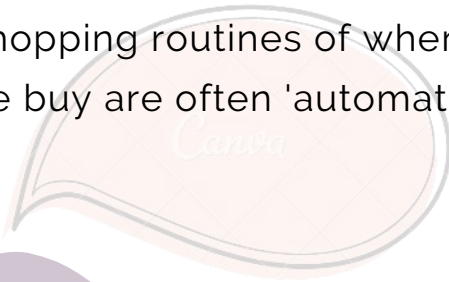


What drives our actions?

Re-action VS Reason

Re-action

Often our behaviours are rather "automatic" because the outcomes of those actions are either a 'pain' or 'pleasure' to us and simple repeat them. For example, shopping routines of where we park, how we walk to the store and what we buy are often 'automatic.'



Reason

We also have the ability to 'think' before we act - to reason. In many instances, despite what we have previously learnt, we do something different because we think the result will be better for us. It is a conscious process and requires the frontal lobes of the brain and more time than re-action. For example, you usually drink green tea by itself and don't really enjoy it as much, but you tried adding honey to give it more sweetness and end up finding 'pleasure' from it.

The result of any action can be pleasure or pain. Which will either reinforce or repel our actions.

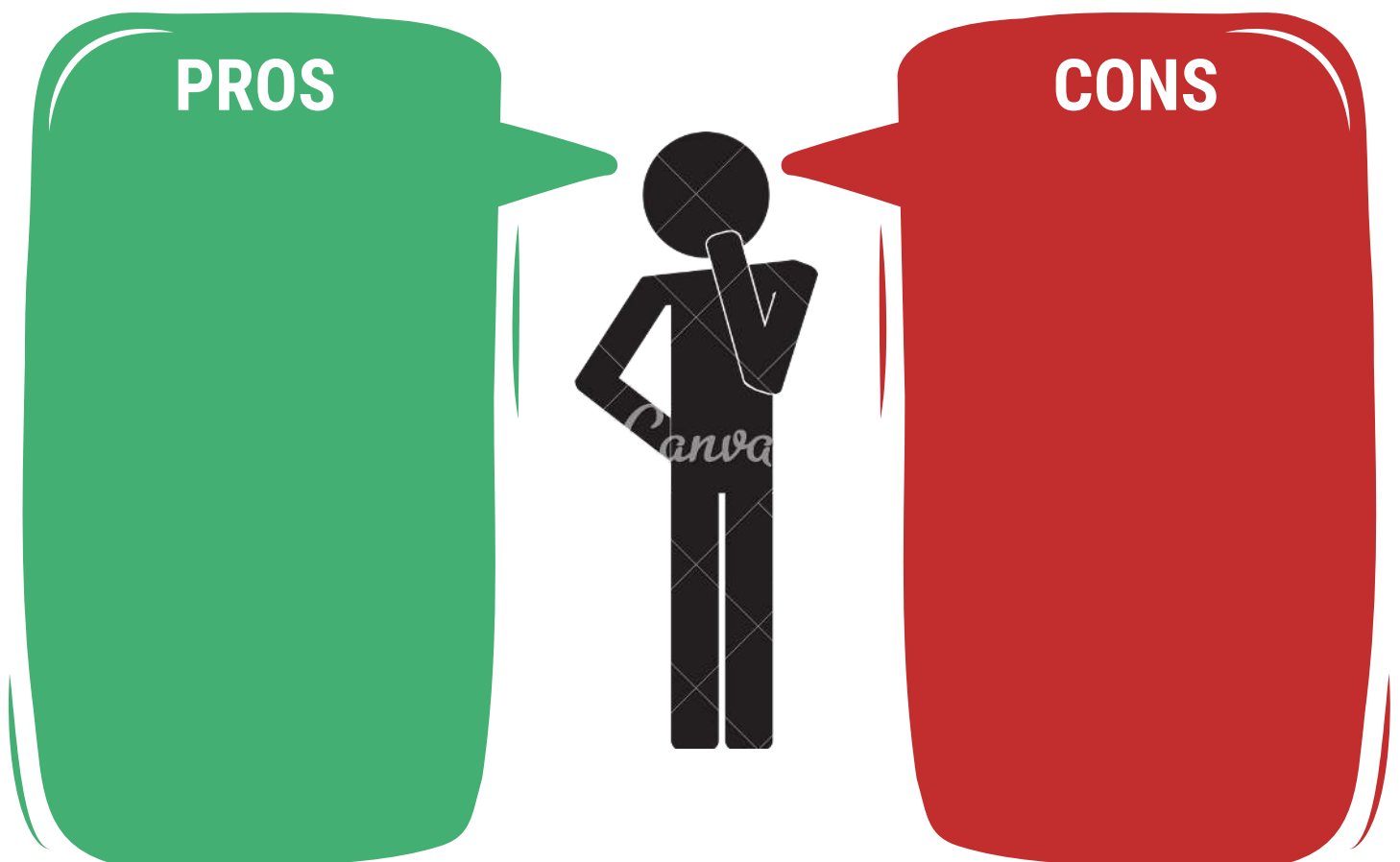
The key here is that when you are thinking about the outcomes of an action (what happened when you took that action), because you are conscious that you are trying something new, the pleasure and pain are more likely viewed as pros and cons of a particular course of action.

This 'critical thinking' loop allows a person to make some judgements of how to fix or change the action next time to get better results, rather than just accept that what happened was 'as good as it gets.'

This process is called a..

'decisional balance sheet'

What that means is you have two rational sides that you weigh up before making a decision.



STAGES OF *Change*

Pre-contemplation

Contemplation

Planning

Preparation

Action

Termination

Relapse

Maintenance

Canva



Definitions

PRE-CONTEMPLATION

CONTEMPLATION

This is the stage where one thinks he/she does not need to change nor thinks the changes are contributing factors that could help them in the long-term.



"Why should I exercise?
I'm perfectly healthy!"

"What makes you think I will talk
to her or open up to her?"

"I don't think it will make much of a
difference so why bother?"



The stage where one starts to consider the PROs and CONs if they were to start changing.

"There's nothing wrong with trying.."

"Maybe it will help my time management."

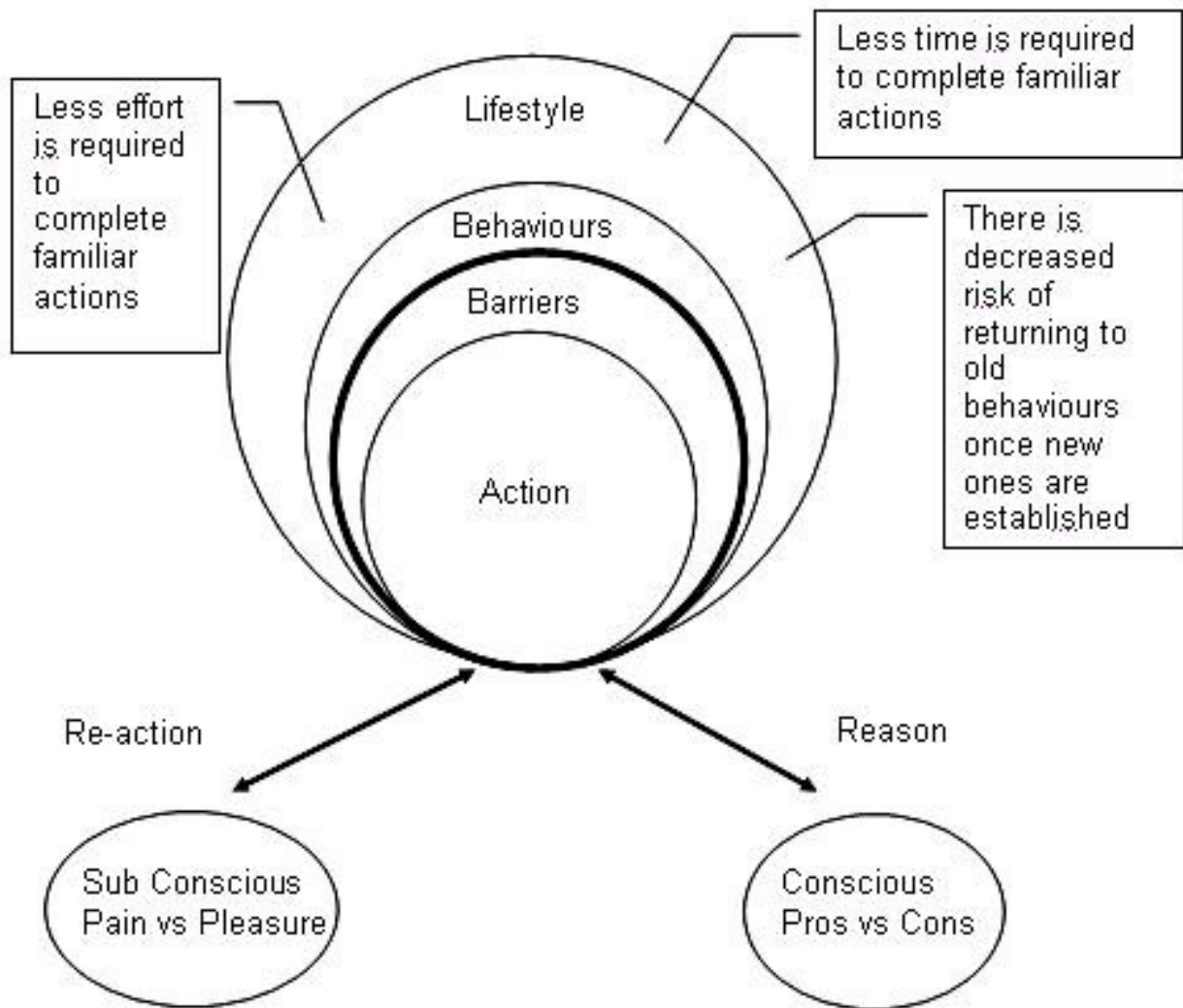
"What if I can achieve my goals?"

"I might actually like trying something new."

"What if.."



Summary



If you want to create change, you have to...

- Think about what you're currently doing that isn't working
- Decide on a better option
- Try that option knowing that you won't get it right the first time (see conscious incompetence to competence as a continuum)
- Keep working at it until you succeed
- Repeat if often enough for it to become a habit