



Growth Mindset vs Fixed Mindset

A growth mindset is a way of thinking about your abilities as things that can be further developed rather than talents or skills you are either born with or not.

A growth mindset is characterized by:

- believing that abilities can be developed through practice, effort, and dedication
- seeing challenges as opportunities to learn and develop
- learning from other peoples' success
- focus on the process of our skill development rather than just the desired outcomes

A fixed mindset is characterized by:

- believing that abilities are inherent traits we are either born with or not
- seeing challenges as reasons to accept limits in our abilities or proof that we can't succeed
- viewing others' success as confirmation that they have abilities/talents that we do not
- focusing on desired outcomes as the only measure of success



How might you sound if you have a growth mindset about fasting?

- "I am learning how to fast."
- "I am building my way up to a 36 hour fast."
- "I chose to eat something that didn't fit my goal and learned it increased my cravings."
- "What I am eating needs some tweaking?"
- "I'd like to learn what helps other people in the TFM community to fast more consistently."
- "It seems like people can learn and practice to get better at fasting."
- "I'm still searching for the tools that help me lose weight successfully."
- "I'm working to lower my blood sugar this week."





Growth Mindset vs Fixed Mindset Continued

How might someone with a fixed mindset talk about fasting?

- “I’m not good at fasting.”
- “A 36 hour fast is too hard.”
- “I cheated and my goal is ruined.”
- “I can’t figure out what to eat.”
- “Other people in the TFM community must be stronger than me because they fast better.”
- “I don’t know how other people do this. It just seems impossible for me”
- “I have tried everything in the past, I just am not successful with losing weight.”
- “My blood sugar was high this week, this just doesn’t work.”



Growth Mindset Exercise

Try on a growth mindset. Respond to the following cues with statements that reflect a growth mindset instead of a fixed mindset.

- How are you doing with fasting right now?
- What challenges are you experiencing and what do they mean?
- What do you see in others who are successfully fasting?
- What progress are you making so far?
- Identify two statements you hear yourself saying/thinking that tell you that you can’t succeed.
- Repeat the growth mindset statements you created several times each day.



If you have just practiced framing your responses from a growth mindset perspective, you should be able to see possibility and promise for the future related to your goals.