

CHANGING MY MIND

ONE STEP AT A TIME



GROWTH MINDSET

- ✦ I can try a different strategy.
- ✦ Is this really my best work?
- ✦ This may take some time and effort.



FIXED MINDSET

- 🔒 I can't do this.
- 🔒 This work is good enough.
- 🔒 This is too hard.

How To Self Help Mindset

Katharine Goodwin



How To Self Help Mindset:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Natureis Adventure: **How To Self Help Mindset** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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