

# 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

**Wolfgang Guggemos**



## **How To Self Help Mindset:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **How To Self Help Mindset** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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