

# Mind Aspects

The Succeeding Mind is the beating heart of all achievement

## Succeeding Mind

### **Growth Mindset**

*Recognise that your talent is a starting point and the brain is like a muscle and with work it becomes stronger*

### **Proactive Learner**

*Ask questions to develop knowledge and understanding*

### **Internal Motivation**

*Wonder how good you could be at something and take action to achieve*

### **Strong Character Strengths**

*Revolves around the core character strengths of **Honesty, Integrity, Sincerity and Respect***

### **Simplicity Thinking**

*Live and work to principles and de clutter your life*

### **Inner Peace**

*Be able to let go and don't take offence at what's said and done*

## Failing Mind

### **Fixed Mindset**

*Believe that your talent is a fixed thing and one doesn't take on challenges for fear of being shown up or making mistakes*

### **Passive Learner**

*Sits back, doesn't ask questions or review as they go*

### **External Motivation**

*Requires incentives to do anything, eg: money, prizes or constant praising*

### **Weaker Character Strengths**

*Missing the important core character strengths of **Honesty, Integrity, Sincerity and Respect***

### **Complexity Thinking**

*Life is full of dramas, clutter and complexity and you're not comfortable around space*

### **Inner Conflict**

*Can't let go, holds grudges and takes offence at what others say and do*

The Failing Mind is the focal point of all disharmony and destruction

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