

# GABRIELE

## FITNESS & PERFORMANCE



## Do you have a Fixed or a Growth Mindset?

### Part 1 of 2

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When I was young I hated to read. Summer reading lists for me were like a prison sentence and I did everything in my power to get around actually reading the entire book. Fast forward a few decades and I now read 2-3 books a month and my goal is a book a week.

The book I just finished reading may have had the biggest impact on me thus far.

**Mindset by Carol Dweck** is a book written about the Physiology of success. I highly recommend you reading this book yourself but I will break it down for you over the next couple weeks.

A special thanks to my great friend and book club buddy John Haddad for recommending this one to me.

The entire book compared the growth mindset and the fixed mindset and how successful you can be when you adopt the proper mindset for every aspect of your life: parenting, sports, business, school etc.

Today I will go over the fixed mindset and next week will go over the growth mindset.

People with the Fixed Mindset respond to the following instances in this way.

#### **1. Something comes your way that is challenging**

Fixed Mindset people view this as hard and success is not assured. This challenge sets up the possibility for failure and is avoided to not negatively impact their self image.

#### **2. Tasks that require a big effort**

The fixed mindset views effort as fruitless. What is the point of hard work if there is a possibility that the end result is not what you desire. The end result is that they usually avoid things that take effort

### **3. Responding to Criticism**

Useful negative feedback is considered as an insult or is just ignored. It is believed that any criticism of your capabilities is a criticism of you as a person.

### **4. Success of others**

The success of another person is viewed as they are not as good. They will try to convince themselves that the success only came from luck.

People can be very successful with a fixed mindset but in most cases will never reach their full potential. The book talks about athletes like John McEnroe, Pedro Martinez and Daryl Strawberry as athletes that had huge amounts of talent that never were able to reach their full potential because of their fixed mindset.

The fixed Mindset usually results in an early plateau, never reaching their full potential, not changing or improving much with time and view themselves as they are as they are.

Next week we will introduce the Growth Mindset and you will see how developing the Growth Mindset will dramatically change your view in every situation.

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