

GROWTH MINDSET

**The power of believing you can
improve.**

The power of 'NOT YET'.

**Dr. Kemi Pinheiro, OFR,
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INTRODUCTION

FIXED MINDSET

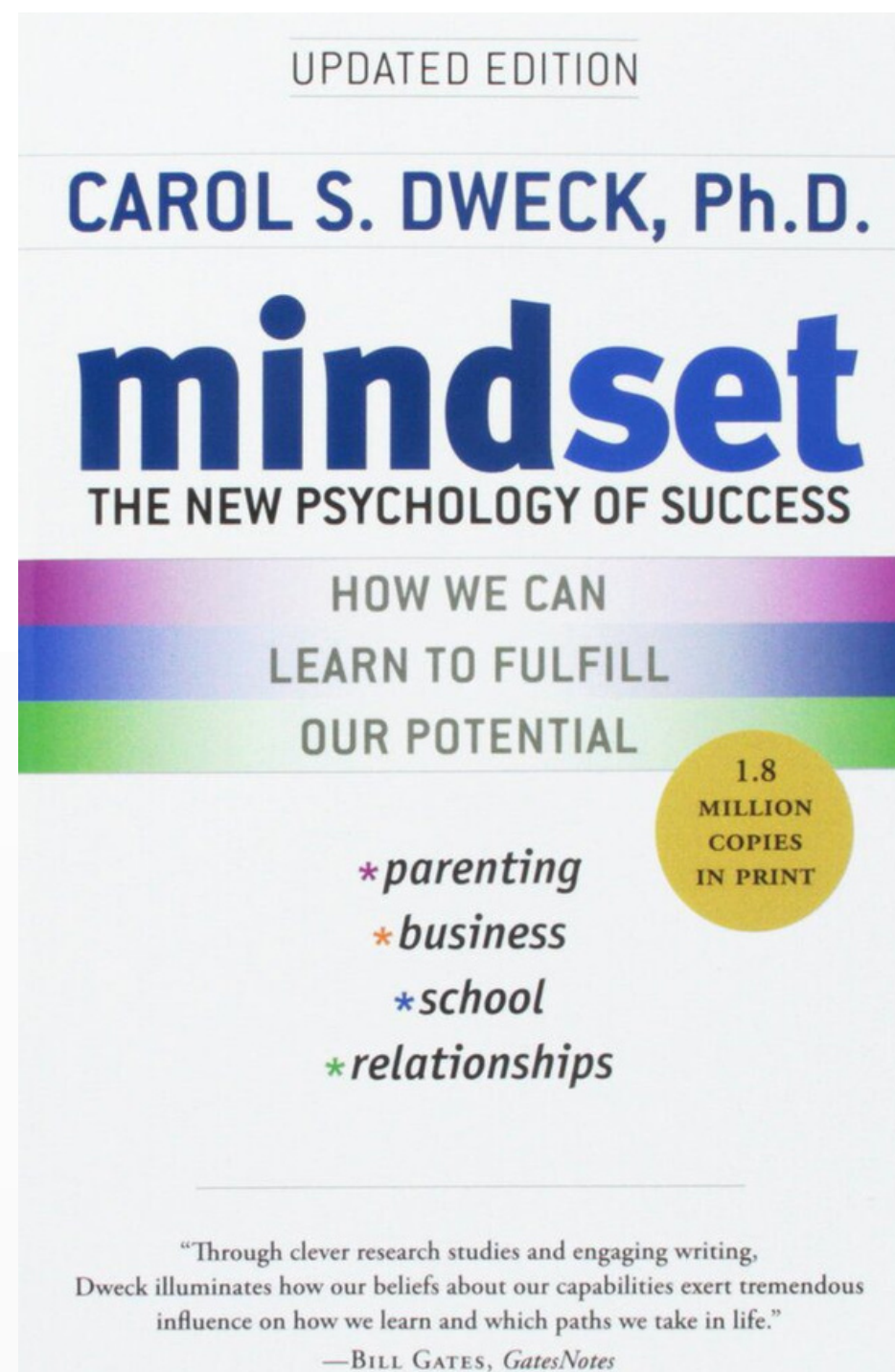
GROWTH MINDSET





ABOUT THE ORIGINATOR

Carol Susan Dweck is an American psychologist. She is the Lewis and Virginia Eaton Professor of Psychology at Stanford University. She is also the author of the book “**MINDSET**” which has sold over a million copies.





MEANING OF SELF ESTEEM

???

“The view you adopt for yourself profoundly affects the way you lead your life” -**Carol Dweck**

The term self-esteem is the personal feeling of self-worth.
Success or failure in life begins with one's high self-esteem or low self-esteem.



FACTORS THAT AFFECT SELF-ESTEEM

- CHALLENGES OF LIFE
- DISAPPOINTMENT
- DIFFICULTIES



THOUGHT-PROVOKING QUESTIONS TO BOOST SELF-ESTEEM

IS FAILURE HARMFUL?



OR

IS FAILURE HELPFUL?





The Tyranny
of
NOW!!!



**The tyranny of NOW is the personal
mindset.**



GROWTH MINDSET

“I am not smarter than others, I just stick to it longer until I crack it.” - **Albert Einstein** -

According to Dweck's research, there are two mindsets people have. the growth or the fixed mindset The fixed mindset, “think their abilities, talents, and intelligence are fixed traits and is determined from birth”

“People with a growth mindset don't think everybody's the same but they believe that everyone-through effort, dedication, school, experience can grow” - **Carol Dweck**

Abilities are capable of **GROWTH**



HOW DO WE ACQUIRE GROWTH MINDSET?

1. DEALING WITH SHAME

EXAMPLE 1



According to the story carried by the Punch Newspaper and several other dailies, “Aribiyi Ayomide has reportedly taken her own life after she was shamed publicly by her roommates”. The 100-level Employee and human Relations Management Student was accused by her roommates of stealing their “make-up” and clothing. When her mother came to rescue her, her roommates booed her, calling her all sorts of names to shame her. On getting home and thinking of all the shame of going back to school, Ayomide decided to take her own life.



EXAMPLE 2

“Last week an avid reader of my articles on this subject called to discuss a difficulty she was having at her place of work in one of these banks in Victoria Island, Lagos Nigeria. As it turned out, she narrated how her boss talks to her in the presence of other staff members and she gets embarrassed. She went on to say she was considering resigning her job. I told her in no emotional terms that the embarrassment she claimed was not reality. She argued that her colleagues looked at her a certain way after the so-called embarrassment. I said to her, you are the one that created the so-called embarrassment. There is no event in this world that has the capacity to make you ashamed or embarrassed unless you permit it”.

Tunde Ekpekurebe in **“Realizing Mental Resilience”**



- There are millions, if not billions of people today who are in one difficulty or another because of EGO. There are people today who should still be employed if they were willing to say SORRY and despise their INTERNAL THINKING.
- Going by example 2, she could have changed rooms, or gone to school from home. But you see when EGO is mixed with a misunderstanding of how life works, she will think that this is something impossible to do.
- **SHAME** tells you everyone is aware of your problem when you are the **ONLY** one aware of your problem. **SHAME** tells you people are talking about you when in reality people are so busy with their lives they hardly remember that you exist.



HOW TO DEAL WITH “SHAMEFUL THOUGHTS”

What do you do when such an incidence could still exist in your thinking?

- The answer is **NOTHING.**
- You don't have to do anything about thoughts. However, don't entertain negative or shameful thoughts.
- Thoughts are just what they are. They are **THOUGHTS.** Nothing more.



**REMEMBER SHAME ONLY EXISTS IN
THE MIND OF THE PERSON
EXPERIENCING IT. SHAME IS SELF-
CREATED.**

“It’s your reaction to adversity, not
adversity itself that determines how your
life’s story will develop.”

-Nelson Mandela-



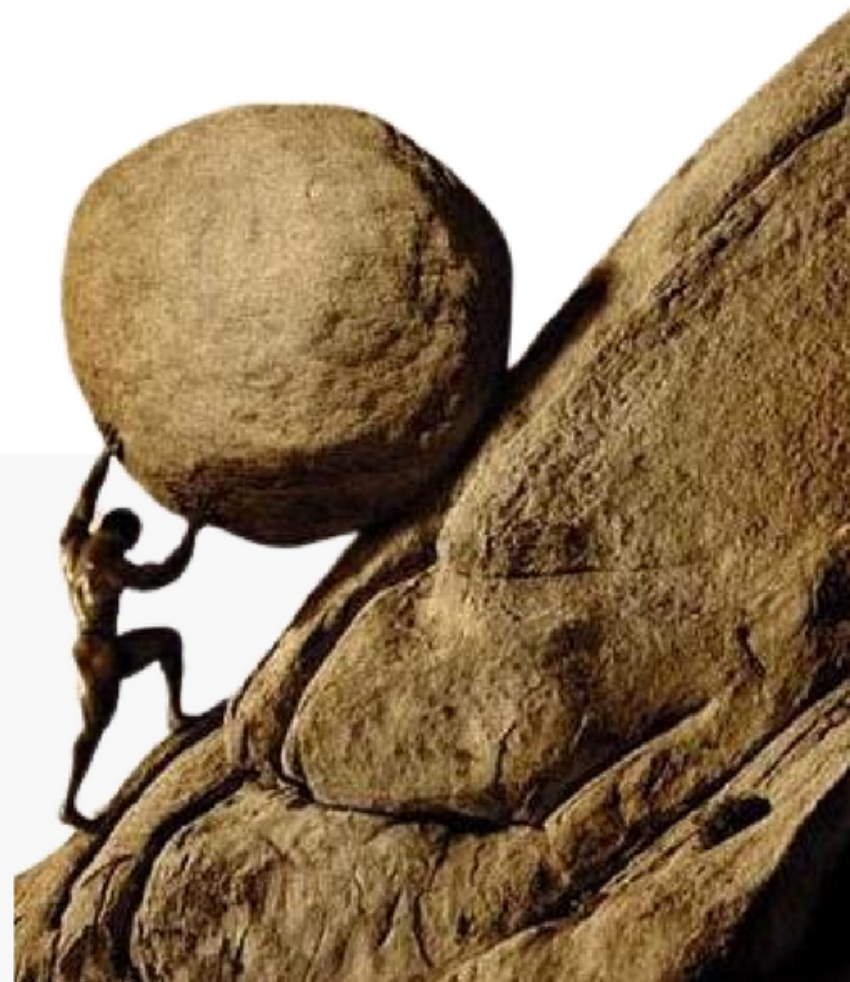
2. PRAISE WISELY

Effort | Perseverance | Strategy

NOT

Intelligence or Talent

Nobody has talent, it is the ability
that has grown.





3. CHANGE MINDSET

Move from your comfort zone





“There is Power Enough In An Atom To Propel A Great Ship Across The Ocean”

-Ew Kenyon-

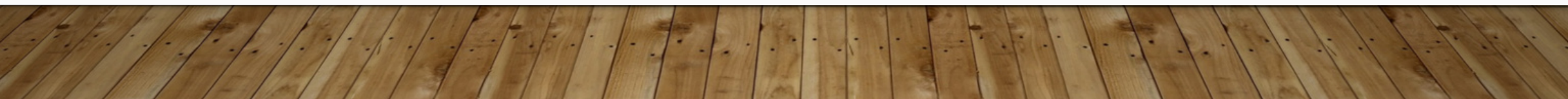
Every person living on this planet lives in their self-created beliefs. For some, their beliefs are empowering and make them happy, while for others, their beliefs are disempowering and work against them. Both are self-created beliefs. Don't you think it's time you created beliefs that empower and work for you?

“I will prepare and some day my chance will come.”

-Abraham Lincoln-



4. **SAFE** OR **CHALLENGE**





You need just a little knowledge to do what you want to do; take action. People who are endlessly searching for how to build a successful business never get started. People who are endlessly searching for how to have a hitch-free marriage never get married.

“If you change the way you look at things, the things you look at will change.”

-Dr. Wayne Dyer-



5. COPY SOMEONE

- If you see someone better than you, go and learn from them.
- Don't avoid them or be cynical or excuse their successes.
- When you see an obstacle, look for solutions. Do not avoid it or retreat.



6. NEVER LISTEN TO THAT VOICE THAT SAYS:

“If you do it, you will look foolish or you will fail or people will laugh at you or its not for people like you or you cannot make it.”



“I have wasted most of my life.”

GOD FORBID!



WHICH ONE ARE YOU???



PERFORMER

**HIGHLY
EFFECTIVE
DOER**

**LESS
EFFECTIVE
DOER**

**POTENTIAL
TROUBLE
SOURCE 'PTS'**

**SUPPRESSIVE
PERSON 'SP'**



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Thank You