

Growth Mindset vs. Fixed Mindset: Which One Do You Have



To reach your goals, whether in fitness, your career, or personal life, what you believe about yourself makes a huge difference. It's not just about talent or motivation. What really matters is how you handle challenges, effort, and setbacks. That's where the idea of a **growth mindset versus a fixed mindset** comes in. Knowing the difference can help you move forward in every part of your life; from the gym to your relationships, and everything in between.

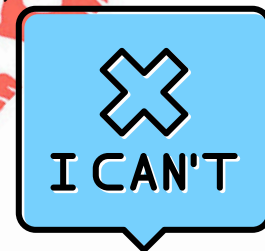
• What is a fixed mindset?

A fixed mindset means thinking your abilities, intelligence, or talents are something you're born with and can't change.

People with this mindset often say things like:

- "I'm just not good at this."
- "If I fail, it means I'm not smart."
- "I'll never be able to do that."

I'M NOT SURE



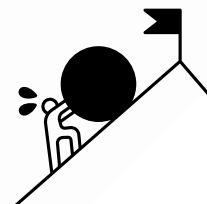
This kind of thinking holds you back. It creates fear of failure, makes you avoid difficult tasks, and can even lead you to give up before you've given something a real try. It also makes it hard to celebrate others' success, because it feels like a threat.

What is a growth mindset?

A growth mindset is the belief that you can learn, grow, and improve through effort and persistence.

People with a growth mindset think differently. They say:

- "I can get better if I keep trying."
- "Mistakes help me learn."
- "The more I practice, the stronger I become."



This way of thinking welcomes challenges. It values hard work and sees failure as part of the journey, not the end of the road.

- **Why mindset matters**

Your mindset shapes how you react when things get tough. It affects how you set goals, how much effort you're willing to put in, and how you see yourself and others.

- **Here's how a growth mindset can change everything:**



- 1. It encourages learning**

With a growth mindset, you're not afraid to try something new. You ask questions, you look for feedback, and you keep going even when you don't get it right the first time.

- 2. It builds resilience**

Setbacks don't stop you, they help you grow. A growth mindset makes it easier to bounce back and keep pushing forward, whether you're dealing with a tough workout, a bad day at work, or a personal challenge.



- 3. It keeps you motivated**

When you believe that effort leads to results, you stay consistent even when progress is slow. You focus on your own journey instead of comparing yourself to others.

- 4. It improves relationships**

A growth mindset helps you listen better, communicate more openly, and be more understanding. It also helps you work on qualities like patience, trust, and kindness.

- 5. It supports long-term success**

People with a growth mindset don't let fear of failure hold them back. They're not afraid to dream big or work hard. They see every goal as something they can grow into not something they either have or don't

keep going

**KEEP
SHOWING
UP**

• How to shift from fixed to growth



1. Watch your inner voice
2. Change “I can’t do this” to “I can’t do this yet.” That one word changes everything.
3. Celebrate the effort
4. Whether you reach your goal or not, be proud of the work you put in. The process matters just as much as the outcome.
5. Learn from mistakes
6. Instead of asking “Why did I fail?” ask “What can I learn from this?” Every setback is a lesson.
7. Take on new challenges
8. Growth happens when things get uncomfortable. Don’t shy away, lean into it.
9. Surround yourself with people who grow.
10. Being around people who believe in progress helps you stay motivated and focused.

Clearing up common mindset myths

“If I believe in myself, I can do anything.”

Not quite. Belief is powerful, but it needs to be backed by effort, the right plan, and support.

“Some people are just naturally growth-minded.”

Everyone can develop a growth mindset. It’s something you build over time by being intentional and consistent.

Conclusion

A growth mindset isn’t about being perfect. It’s about being open to trying again, to learning something new, to becoming better than you were yesterday. When you shift your mindset, you shift your life step by step, challenge by challenge. Remember: Your mindset is your foundation. Build it strong, and you can go further than you ever imagined.

Grow stronger with Lēt’z Roar

At **Lēt’z Roar**, we focus on more than just physical training. We help you build a strong mind, because real transformation starts from within.

Remember:

“Once a lion, always a lion!”

In the meantime, Lēt’z Roar

