

January 24 Weekly Technique

By Caren Oppenheim

Stuck with
a fixed mindset?

Talk back
to it!

Fixed mindset

We believe things
are set in stone
and can't change.

Growth mindset

We believe things
can change.

A fixed mindset is when we believe things are set in stone and can't change. A growth mindset is when we believe things can change. Our mindsets can change depending on the skill, behaviour, or situation we're in.

Try this!

Move that fixed mindset thought into a growth one to help you respond to setbacks—and conquer new experiences

1. Notice when you have a fixed mindset



“I want to start
moving more,
but I’ll never know
what to do.”

“I want to start moving more, but I’ll never know what to do.”

2. Talk back to it with a growth mindset voice



“Is it really set in stone?
I’ve tried new things
before. I can learn more
about different kinds of
activities.”

“Is it really set in stone? I’ve tried new things before. I can learn more about different kinds of activities.”

3. Shift to a growth mindset



“With some effort,
I can find a way to
get moving—I’ll try a
beginner FitOn video
in the WW app!”

“With some effort, I can find a way to get moving—I’ll try a beginner FitOn video in the WW app!”

Let’s dive a little deeper...

1. Think of a time when you’ve caught yourself thinking I can’t, I’m bad at this, or I’ve never when you’re facing a new challenge.
2. Notice how that fixed mindset thought might be getting in your way. Then, talk back to it! Remind yourself what you’ve accomplished in the past or identify a new thought that will help you move forward.
3. The more often you practice talking back to fixed mindset thoughts, the more naturally a growth mindset will occur—and you’ll be open to new experiences.

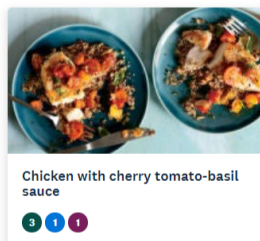
Did you know?

In order to truly hit reset, it’s important for us to believe that things can change—and that we can learn or grow! If not, why would we bother hitting reset?

[Learn more about hitting reset](#)

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