

DietvsDisease Clients Only Module 7: Mindset Is The Key

Lesson 3: Mindset - Getting your Head in the Game Transcript

0:00 Hey, thanks for joining me today as we talk about mindset, getting your head into the game. I'm Julie Gold, I'm one of the mindset coaches here at Diet versus Disease, and today we're going to talk about how mindset influence your experience in this program and in other domains of your life.

0:19 So, defining mindset. I often introduce myself as a mindset coach, and people will look at me a little funny and say, well, what, what exactly is that?

0:29 And I tell them that because your mindset is a set of beliefs that shape how you make sense of the world and yourself.

0:37 I work with individuals to make sure that their mindset is serving them and helping them to achieve their goals. Since our mindset influences how we think and feel and behave in any given situation, it has a huge impact on our success or failure.

0:59 So why does mindset matter? Well, the American industrialist, Henry Ford is famous for saying, whether you think you can or you think you can't, you're right.

1:11 And it matters even more because even with the best medical treatment, even with the best dietary advice, even knowing all of the right things to do and all of the wrong things to avoid your mindset will impact your success.

1:26 So mindset's kind of a vague concept. And I wanted to dive in a little bit deeper into how our mindsets can either serve us or, or be a barrier to us.

1:40 And the Stanford psychologist Carol Dweck, has done decades and decades of research into this concept that she developed between a fixed mindset and a growth mindset.

1:52 And through her research, she's identified some major areas in human's lives and how fixed mindset people deal with those things and how growth mindset people deal with those things.

2:05 So the first one is skills and intelligence. If you have a fixed mindset, you have a belief that you are born with what you've got, and it, and your intelligence and skillset is, is pretty fixed.

2:18 Not much you can do to improve it. If you have a growth mindset, you know that skills and intelligence can be grown and developed.

2:27 The main concern, this is, you know, how we focus on what's really important for fixed mindset people? It's about how they look.

2:35 It's about the, how others perceive them. They're very performance and outcome focused for growth mindset folks, their, their main concern is learning and, and really focusing in on the process and not necessarily only the outcome effort.

2:56 If we have to, if we have to work at something, if you have A fixed mindset, it is proof that you have limited skills or intelligence, right?

3:06 You shouldn't have to work hard at things for a growth mindset person. It's just an important part of learning. It's, it's part of the process challenges, right?

3:18 We all come up against challenges. If you have a fixed mindset, you tend to give up, check out or avoid challenges.

3:25 Growth mindset folks persevere. They work through it. They think of it as an opportunity for feedback, right? When we get some criticism or someone shares their thoughts about us, fixed mindset, people take it very personally and tend to get defensive.

3:44 It feels like a, an attack on their person. Growth mindset. People like it. They use it to learn, they use, they see it again as an opportunity.

3:55 Mistakes, eeks, fixed mindset people, they hate them and they try to avoid them. They will go to great lengths to hide or, or avoid making a mistake.

4:07 Growth mindset. People don't necessarily like making a mistake, I don't think anyone does, but they treat it as a, an opportunity to learn.

4:17 It isn't an indictment of, of them as a person. So how is our mindset formed? Well, our mindset is largely formed in childhood.

4:27 And through Carol Dweck's research, she's identified a number of different areas that can push us in one direction or the other.

4:36 So when a child is praised for a characteristic rather than their effort, that tends to lead to a fixed mindset.

4:48 For example, if you praise little Sally for being smart, ooh, you're so smart. You're so smart. The minute she bumps up against something that is challenging or hard and she's not successful, then that belief that her intelligence and skills are fixed comes into it.

5:08 And so the thing we want to focus on is, is praising effort. So, if a child is working really hard at something, instead of saying, oh, you're so smart, you're, you know, you did so well in math saying, gosh, you really worked hard.

5:24 You, you put in the effort to do your homework every night this week. And, and I can see that that really paid off labels and stereotypes are another way that our mindset is created.

5:37 Things like, girls are bad at math, she's a picky eater. These things create an identity that can be really hard to, shed focus on achievements and outcomes.

5:51 So things like getting an a in the class is actually the only thing that matters When in fact it should be, do I actually understand the material?

6:03 And so our, we, we pick up all of these things in childhood and we carry them into adulthood. And as an adult, we can decide whether or not those beliefs are still serving us.

6:18 So shifting your mindset, the very first thing is to be aware, right? To notice where you have a fixed mindset approach to things.

6:28 Embrace the fact that change growth and improvement is possible for everyone. I love this one using the power of the word.

6:39 Yet, anytime you have a fixed mindset, belief, insert the word yet, and it immediately shifts it towards a growth mindset.

6:50 So if I say to myself, I can't control my sweet tooth, it's very limiting, right? I have, I have no power.

6:57 I, I have no autonomy. If I say, on the other hand, I can't control my sweet tooth yet, it, it means there's opportunity there.

7:08 There's a belief that, that there's a possibility that I will learn how to control my sweet tooth. And that is a much more growth mindset approach.

7:17 Another really big one is changing your identity labels, right? A lot of people get labelled in childhood. I'm sure a few of you have been told that you were picky eaters as a child.

7:32 And instead of owning that label, which is self-limiting, maybe shifting it to something like I'm discerning in what foods I put into my body, right?

7:43 It's, it is the same thing except when you're discerning, you have autonomy and you have agency, and I want to be really clear.

7:56 Mindset is on a spectrum. No one is entirely fixed and no one is entirely growth. And we tend to swing between the two.

8:06 And the goal is to really shift towards a growth mindset whenever possible. All right, so your turn, take some action.

8:15 So your mindset will have a huge impact on your success in the program and beyond. Even though mindset is created in childhood, we have a choice as adults to choose the mindset that serves us best.

8:29 So how is your mindset impacting your experience and your success? Because Henry Ford was right. Whether you think you can or you think you can't, you're right.

8:41 We have a worksheet under this video to play around and explore your growth and fixed mindset tendencies and to start to shift yourself in the direction of a growth mindset.

8:54 Thanks so much and I look forward to hearing how it goes.