# The Psychology of a Fixed vs Growth Mindset Explained

In this tutorial, I am going to show you the difference between a fixed and a growth mindset. You might have heard these terms before but are not sure what they are or what they mean. By the end of this guide, you will have a good idea of what each is and what mindset you have for yourself.

Fixed versus growth mindsets have become popular terms used by psychologists and mental health workers because they use them to describe how different people think and how different mindsets can change the way you live and connect with other people.

If you have a growth mindset, you generally believe that you can do anything that can be learned or accomplished. As long as you make the effort, you are able to improve yourself and reach your goals.

If you have a fixed mindset, you believe that character traits and personality are stable and cannot be changed even if you put in the effort and willpower.

For example, say you want to make your own small business and be an entrepreneur. This requires you to have some basic skills in finance and budget making. If you are not financially savvy, a growth mindset will tell you that you can learn what you need to about finance rather through a course or by meeting with a mentor that has these skills.

If you live in a fixed growth mindset, you will say that since you do not have a background in finances or learning to make budgets, you will have too much of a hard time being an entrepreneur and you won’t be able to manage to be successful.

Growth versus fixed mindset was first created by a psychologist named Carol Dweck back in 2006. She described that having a fixed mindset is very dangerous especially when you face challenges and other unexpected things in life. Those with a fixed mindset will not be able to manage their challenges and they will become stagnant or stressed because there is no chance for improvement when it comes to a fixed mindset.

When you have a growth mindset, on the other hand, you will find it easy to manage challenges and unexpected hurdles because you know that your brain is always changing and you can always develop the life skills you need to make a difference.

Whether you are going to have a fixed mindset or a growth mindset depends on many different things. What happened in your childhood and how you were raised makes a difference. Your experiences with your first setbacks and life challenges also make a difference as well as the people in your life and how they handle challenges as they are models for you.

A growth mindset is important because not only can it change how you change your world, but it also affects how you can change the world as a whole. For example, a person with a growth mindset believes that the world can change for the better. People with a fixed mindset might believe that their current government or country is doomed and that no one can change it.

A growth mindset is also important for those that want to be happy. If during times of depression or change, a growth mindset knows that there is light at the end of the tunnel and that the good days are just around the corner.

As you can see, having a growth mindset is extremely important when it comes to your overall quality of life as well as how easily you can handle difficult situations.