# 5 Reasons Why A Growth Mindset Is Better Than A Fixed One

You might have heard about growth mindsets versus fixed ones. A growth mindset says that you can do anything and achieve anything as long as you are willing to put in the work and develop new skills as needed to achieve this new goal.

In this tutorial, I will cover the top five reasons why a growth mindset is much better than a fixed one and how a growth mindset can help you to achieve your goals.

The main reason a growth mindset is better than a fixed one is that those with growth mindsets are able to be more motivated to reach their goals. For example, let’s say you want to start your own business but you are worried about the financial aspects because you have never been good at managing money and you are worried you can’t stick to a budget.

A fixed mindset would believe that it’s impossible for you to start your own business because you do not have the skills you need to make it successful. A growth mindset though will say that you can learn about budgets and financial planning either by taking a class or seeking out a mentor.

As you can see, having a growth mindset really makes a difference for those wanting to learn new skills or carve out a new way of life.

This brings me to my next point. When you have a growth mindset, you can more easily change your life and the path you want to take. For example, a fixed mindset will say that you cannot change jobs because it’s too hard and you do not have the experience and skills to take on a new job that you might want.

With a growth mindset, you will realize that you have the chances and opportunities to gain experience and any skills you might need to apply for the other job you’re wanting. You will have to put in the work, but you can accomplish it with a growth mindset.

Another major benefit of a growth mindset especially in teens and younger adults is that they have fewer behavioral problems. This is because children with a growth mindset realize that they can change their situation and they can become the person they want to be since there are always chances to gain new skills and resources.

With a fixed mindset, children can struggle with behavioral issues because they can be stuck in their ways and feel like they cannot change.

Another reason why having a growth mindset can be so beneficial to many people is that it reduces your risk of potentially developing depression and anxiety. This is because, with a growth mindset, you realize you are in charge of your own life and that you can change your situation or any issue you are having if you are willing to.

If your depression or anxiety is situational, this is particularly helpful because you can get yourself out of the scenario that is causing you to feel this way.

The fifth and final reason that a growth mindset is so much better than a fixed one is that you can reduce burnout. With a growth mindset, you are always looking toward the future and developing new skills that can benefit you. With a fixed mindset, you might be stuck in the same job or situation for years and years. This can cause you to feel burnt out or down.

I hope this guide helped show you how much better a growth mindset is and how it can set you up for success.