

# Yes, You Can: Positive Mindset

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July 12, 2019

APMA Annual Scientific Meeting



# My Piano Story



# What is mindset?

Mindset is the lens through which we view ourselves and our abilities.

It's created from our past experiences and the messages we received from those around us.



## The Mindset Question:

How do you respond when  
you make a mistake or  
don't meet your  
expectations?

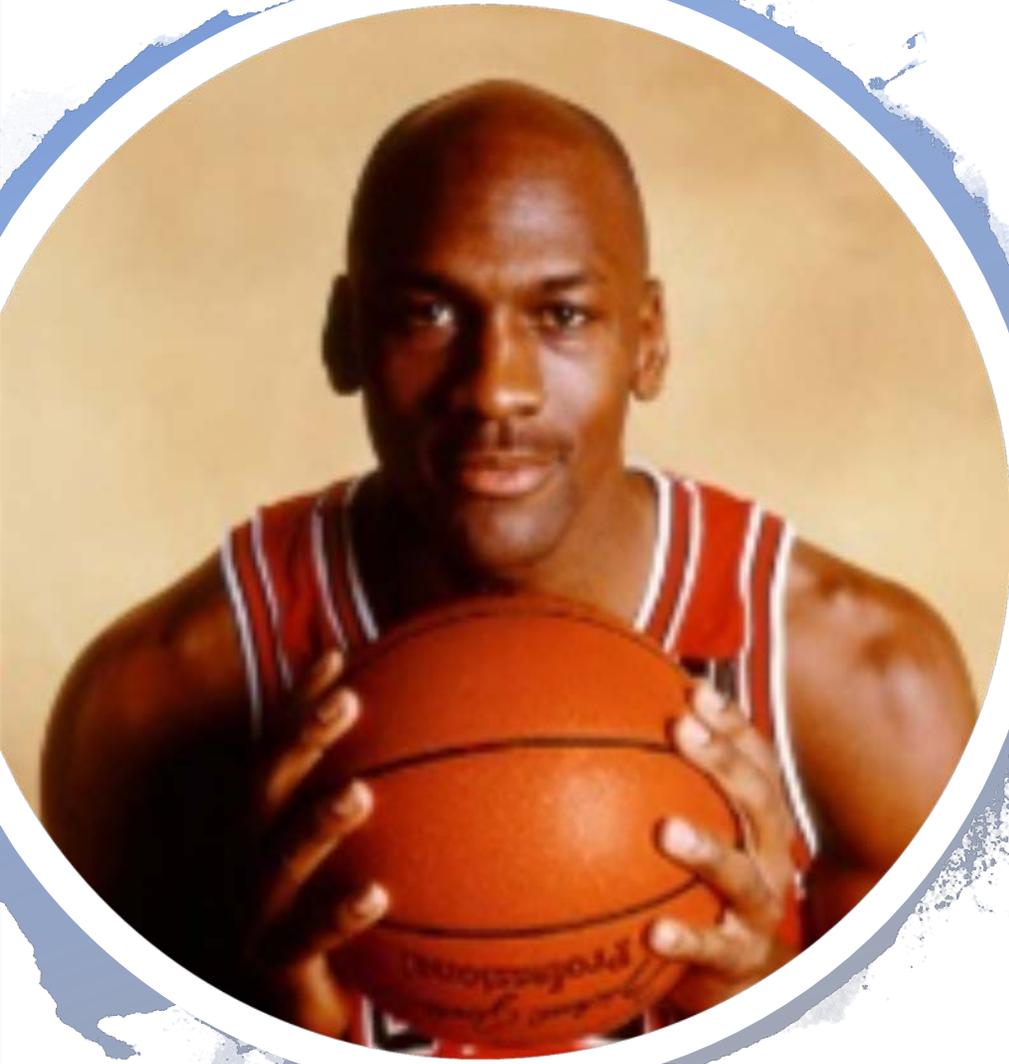
# What mindset do you use the most?

## Fixed Mindset

- If it's hard, I can quit.
- Change should be quick, easy and require little effort.
- If I don't do it perfectly, my effort doesn't count. (All or nothing.)
- Failure means I'm a failure or it's someone else's fault.
- I don't take risks where I could fail.
- I should be able to do it by myself.
- I'm a loser.

## Growth Mindset

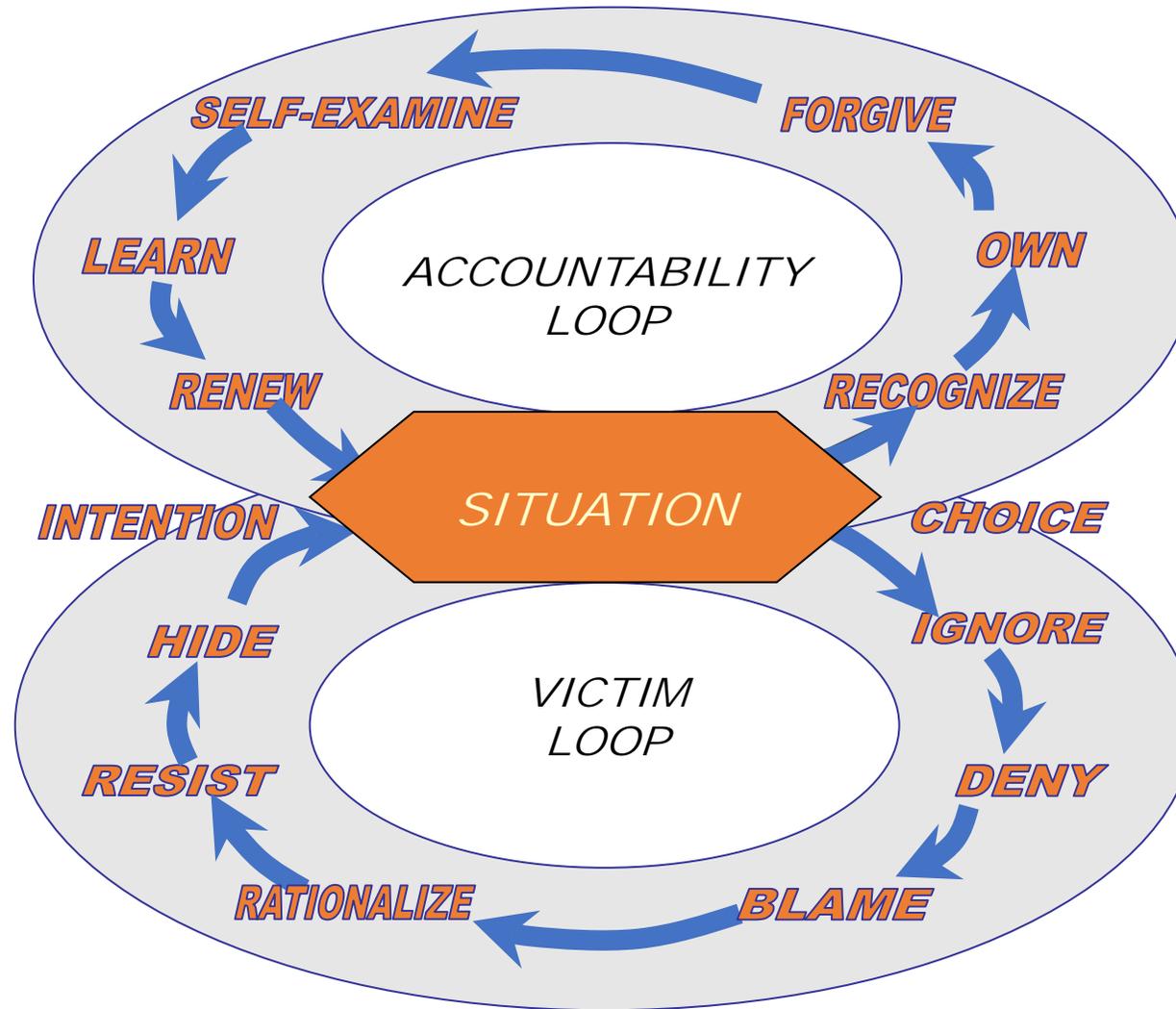
- I can do hard things.
- Change isn't easy. I have to be a beginner and practice a lot in order to get better.
- Small steps toward my goal count.
- Failure is part of the process of learning. As long as I learn and keep trying, I can't fail.
- I'm brave for trying new things.
- I can ask for help & support.
- I'm a good person who tries.



## Examples of Growth Mindset

“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed.

I’ve failed over and over again in my life. And that is why I succeed.”  
-Michael Jordan



Mark Samuel, Creating the Accountable Organization: A Practical Guide to Performance Execution



Recognize when you're using a fixed mindset.

Practice using the growth mindset muscle.

Be a brave beginner.

## How to Change Your Mindset

# Recognize YOUR Fixed Mindset

- What are the conditions when fixed mindset whispers into your ear?
- What does it say to you? (“You’re a failure.” “Why try?” “Just give up.”)
- How do you feel when it is speaking?
- How can you gently respond to this voice and help it move to a growth mindset?
- What could be the result?





# Practice Using the Growth Mindset Muscle

- What did I learn today?
- What mistakes did I make that taught me something?
- What did I try today that was hard?
- How did I keep going when things got tough?



Be a brave beginner.

*The expert in anything  
was once a beginner.*



To learn more:

Mindset, The New Psychology  
of Success, by Carol Dweck

Grit, Angela Duckworth

Ted Talks by Carol Dweck,  
Angela Duckworth

Join my blog at:  
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Mindset is what separates the best from the rest.

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*Success is not final, failure is not fatal;  
it is the courage to  
continue that counts.*

-Winston Churchill