

# Resilient Mindset

Mental Health Mastermind

## Notes

### Resilience

Psychological resilience is the ability to rise to challenges, learn from failures, and mentally, physically, or emotionally cope with hardships. Resilience allows us to come back stronger after being knocked down in life.

### Growth Mindset

The belief that one's abilities, talents, and circumstances can be changed over time. Coming from a growth mindset, setbacks, challenges, and failures can be seen as opportunities for learning and growth.

### Fixed Mindset

The belief that one's abilities, talents, and circumstances are fixed or cannot be changed. Coming from a fixed mindset perspective, setbacks, challenges, and failures can be seen as evidence of one's limitations.

### Grit

Grit refers the ability to persevere in the face of adversity or challenges. Grit is influenced by effort, passion, self-efficacy, self-discipline, and mindset among other factors. While researchers are still investigating whether grit can be taught as a whole, there is plenty of evidence that components of grit can be enhanced with practice.

### Perfectionism

Perfectionism is common among high-achieving individuals. Many of those individuals have come to view their success as a direct consequence of their perfectionistic tendencies and hold on to these tendencies even if its hurting them. Research shows that some elements of perfectionism are, indeed, helpful while many others do more harm than good.

Positive perfectionism or perfectionist striving is the term for the variation of perfectionism that is thought to be beneficial. This refers to the quest for mastery or excellence. What distinguishes positive perfectionism from other forms of perfectionism is how failure is viewed. With positive perfectionism, failure is viewed from a growth mindset. It is not something to be feared but rather embraced as a natural part of the journey toward mastery. With perfectionism, however, failure is viewed with fear and often avoided at all costs.

### What Story are You Telling?

Your life experience is shaped by the meanings you attach to events and circumstances and the story you construct about who you are and where you fit into the world. There are many parts of our story, each informed by lived experiences. As you get to know your story, look out for moments you are telling a story of lack and limitations vs. a story of growth and resilience. Where do you tell a compassionate story about yourself, and where is your story critical? What are the assumptions you have of others and what they think of you? What do you repeat to yourself about your worth and

capabilities? Each of these questions can tell you about how you're viewing the world, and each can be changed to better support your well-being.

## Work

### Growth or Fixed Mindset?

When/where in your life do you have a growth mindset?
When/where in your life do you have a fixed mindset?
What can you learn from your growth mindset moments that apply to your fixed mindset moments?

### Lessons in Resilience

Repeat this exercise anytime you want to broaden your perspective on a challenging situation.

When/where in your life have you seen tremendous growth?
When/where in your life have you come back stronger after being knocked down?
What failures, obstacles, or setbacks you've experienced are you most grateful for?
What does this tell you about a current challenge you're facing?

## Discovery through Mistakes

How do you feel when you make a mistake? Why?
How do you think other people see you when you make a mistake?
Have you ever discovered something new from making a mistake?
Have you ever felt proud of making a mistake?
Has a mistake ever made you think more deeply about a problem?

## The Story of Your Journey

Set a timer for 5-10 minutes to reflect on the journey of your life. In the space below or on your own paper, tell the story of your journey. Include lessons learned from successes and failures, discoveries you've made, and hopes you have for your future. Make an effort to tell your story through the perspective of compassion and growth. If this is uncomfortable for you, notice that and give yourself permission to experiment with thinking about yourself in this new way.