

# Building the Mindset

## In Practice

*Eight small, evidence-informed habits that gradually shift the underlying belief*

*Mindset does not change because we decide to think differently. It changes through repeated experiences in which the new belief is lived out. These eight practices are not a checklist for self-improvement — they are entry points for that lived experience.*

### 01

#### Add the word “yet”

When you catch yourself in a fixed statement, append the word yet. Small change in language, real shift in identity — from verdict to trajectory.

*Try today:* Notice one “I can’t” today and add “yet.”

### 02

#### Name the strategy, not the trait

After a setback, write what specifically did not work — the approach, the prep, the timing. Specifics give the brain something to act on. Verdicts do not.

*Try today:* After one mistake, write three specifics, not adjectives.

### 03

#### Treat feedback as data

Practice receiving one piece of feedback this week without immediately defending or collapsing. Sit with it. Ask: “What is useful here, separate from how I feel hearing it?”

*Try today:* Ask one person for one piece of specific feedback.

### 04

#### Study someone else’s journey

Read or listen to how someone you admire actually got good at their craft. The detail of the work — the false starts, plateaus, revisions — reshapes what “talent” looks like.

*Try today:* Find one origin-story interview of someone you admire.

## 05

### Practice productive struggle

Choose something just beyond your current edge — not so far it overwhelms, not so close it bores. Stay with the friction long enough to learn from it.

*Try today:* Pick one task this week that stretches you 10–20%.

## 06

### Self-compassion before correction

Before naming what to fix, say what you would say to a friend in the same spot. Neff's research shows this enhances — not weakens — accountability.

*Try today:* After your next slip, lead with kindness, then look at the error.

## 07

### Track effort, not just outcomes

Keep a brief log of attempts, strategies tried, and small adjustments — separate from results. Effort logs make the work of learning visible to yourself.

*Try today:* End the day by naming one strategy you tried, regardless of outcome.

## 08

### Tend the environment

Mindsets are reinforced or eroded by the people and spaces around you. Spend more time where struggle is normalized; less where perfection is performed.

*Try today:* Identify one relationship or space that supports your growth — and lean in.

**Small. Repeated. Honest. This is how a mindset becomes a way of life.**