

Wisdom dose 1:

The power of mindset

What is mindset?

Why is it essential in transformation?

Mindset

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By definition mindset represents mind • set /'maɪndset/ noun [countable] someone's general attitude, and the way in which they think about things and make decisions, Ex: The company seems to have a very old-fashioned mindset.

Why mindset is essential in transformation?

Mindset is essential in transformation because as Marcus Aurelius pointed even before our present times "Our life is what our thoughts make it." This accurately illustrates that the repeated thoughts we turn into beliefs about ourselves as well as attitudes towards life can be one of the most powerful factor influencing our life aspects: spirituality, mental realm, career or/and success, family and relationships. It shapes our success, happiness and resilience in life. It contours and paints how we perceive challenges, setbacks and opportunities.

Understanding and consciously cultivating the right mindset can significantly help you unlock potential you were not aware you had and reach heights you have never thought you could.

(the most simple and common example I can illustrate here is the following: imagine a situation that requires you to do something you thought you could never do, and there is not any option left but to do it:

How would you feel after doing it?

What would you think?

So why wait until you are so constrained by such circumstances and not start now?

Bibliography

<https://www.ldoceonline.com/dictionary/mindset>

<https://www.growthengineering.co.uk/growth-mindset/>