

UPDATED EDITION

CAROL S. DWECK, Ph.D.

# mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN

LEARN TO FULFILL

OUR POTENTIAL

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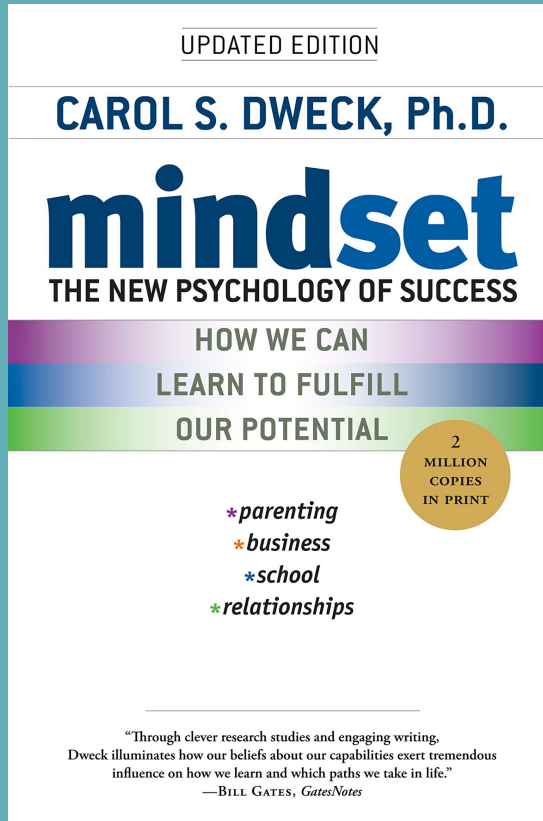
“Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”

—BILL GATES, *GatesNotes*

## ZACK'S FIVE FAVORITE QUOTES AND LESSONS

# Mindset: The New Psychology of Success

Carol S. Dweck



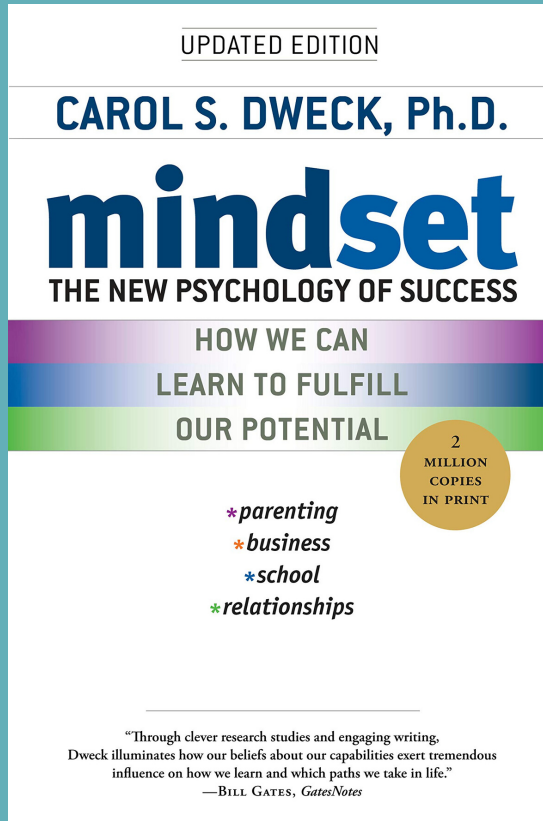
## The hallmark of a growth mindset:

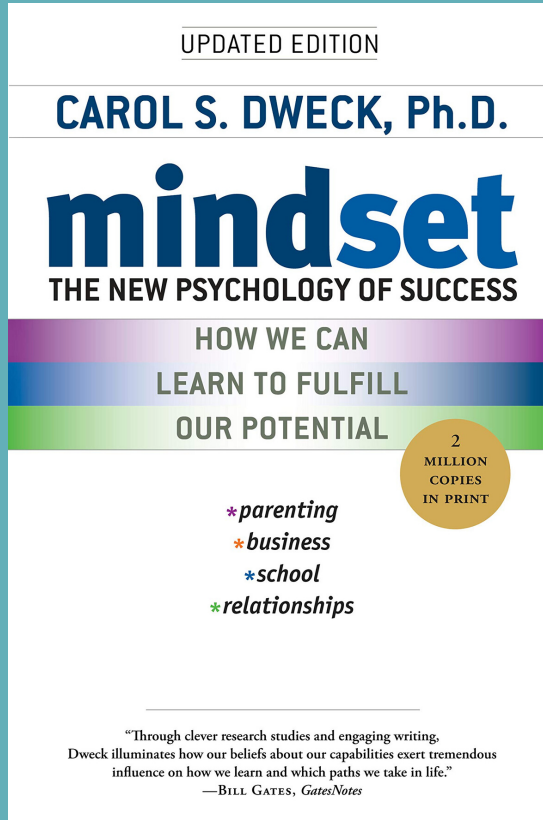
*Why seek out the tried and true, instead of experiences that will stretch you? The passion for stretching yourself and sticking to it, even (or especially) when it's not going well, **is the hallmark of the growth mindset.***



## How to mimic the best sports champions:

*Those with the growth mindset [find] success in doing their best, in learning and improving. And this is exactly what we find in **the champions**.*

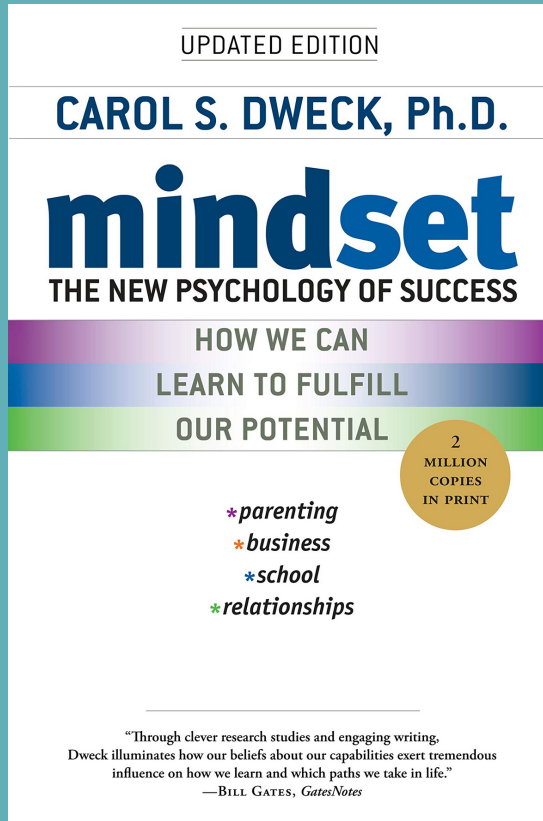




## Hiring people with growth potential:

*Many organizations believe in natural talent and don't look for people with the potential to develop...The lesson is:*

*Create an organization that **prizes the development of ability** - and watch the leaders emerge.*



## Every experience is a growth opportunity:

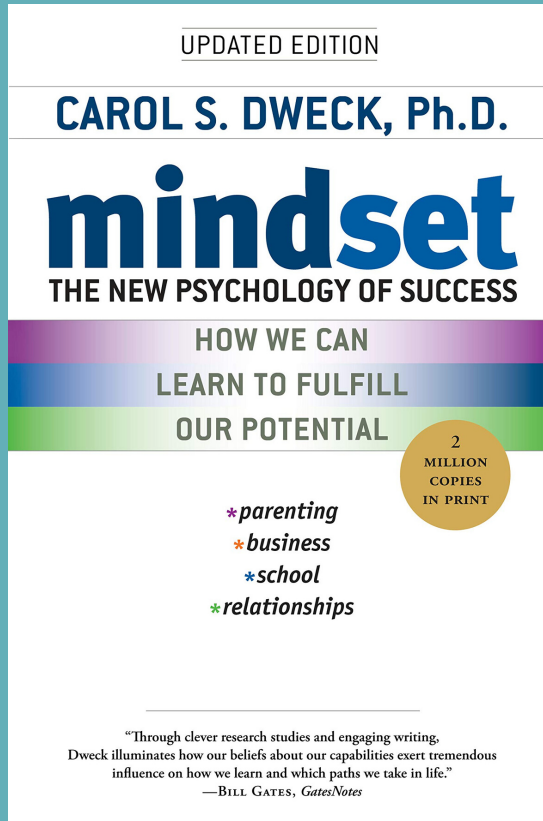
*Instead of seeing your time at the bottom of the corporate ladder as an insult, you slowly see that you can learn a lot at the bottom that would help you greatly on your rise to the top. **Learning the nuts and bolts of a company could later give you a big advantage.***

Pages 241-242



## Learning from mental lapses:

*Every lapse doesn't spell doom. It's like anything else in the growth mindset. It's a reminder that you're an unfinished human being and **a clue to how to do it better next time.***



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