

## **Mindset**

Could what you believe about yourself impact your [success or failure](#)? According to Stanford psychologist Carol Dweck, your beliefs play a pivotal role in what you want and whether you achieve it.<sup>1</sup> Dweck has found that it is your mindset that plays a significant role in determining achievement and success. So, what exactly is a mindset?

### What Is a Mindset?

Your mindset is a set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel, and behave in any given situation.

<https://www.verywellmind.com/what-is-a-mindset-2795025>

Mindset: The New Psychology of Success by Carol S Dweck

<https://www.goodreads.com/book/show/40745.Mindset>

<https://fs.blog/2015/03/carol-dweck-mindset/>

<https://www.mindsetworks.com/science/>

Videos:

[https://youtube.com/playlist?list=PLn-Sw5O7r0Y7rRkb77X\\_7qR0eErCNEQh-](https://youtube.com/playlist?list=PLn-Sw5O7r0Y7rRkb77X_7qR0eErCNEQh-)