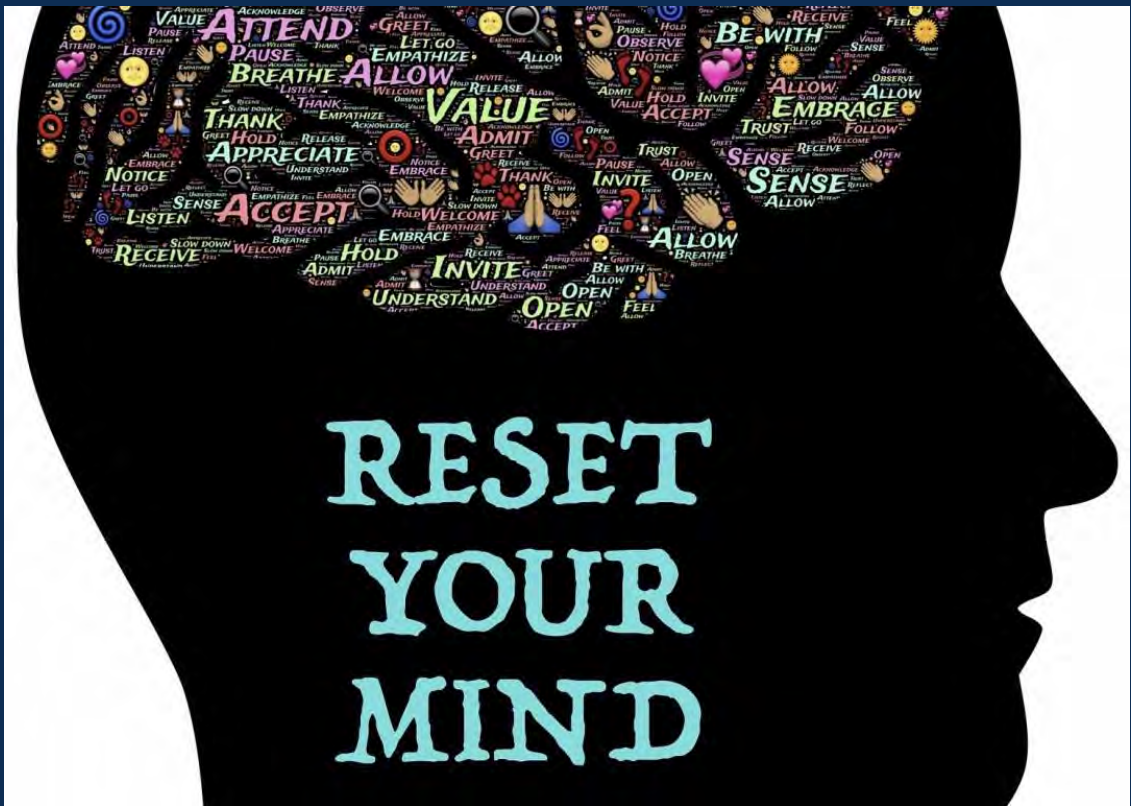


Reset Your Mind

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Coach Myrna, April 7, 2025
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Reset Your Mind

Recently, I was having a video call with my six-year-old granddaughter, and I learned how to add emojis to my image. With the help of my granddaughter and her mom, I became a giraffe, a tiger, or a princess. I sometimes feel intimidated about many tools available on my phone and computer. I realized that this is often because of my thinking--my mindset--about my inability to learn something new.

I remember a webinar I attended that introduced the difference between a fixed and a growth mindset. Below are a few of the highlights that I learned from this program:

- **Feedback:** With a fixed mindset, we fear the suggestions of others--our spouse, manager, boss, or friend because we see them as challenges to be feared and indications of failure. Seeing feedback as a gift is part of a

growth mindset. We can look at it as ways to grow and change. It can allow us to realize that the only real mistake is not learning from an experience or situation.

- **Be a buffalo, not a cow:** When a storm comes, the cow turns away from the storm and prolongs the suffering. But the buffalo turns into the storm and goes into the storm, reducing the amount of time they spend exposed to its harsh conditions. Like the buffalo, learn to lead yourself to face challenges and new experiences.
- **Benefits of a Growth Mindset:** Learning to have a growth mindset increases our optimism, enthusiasm, and hope for life. It improves our relationships with ourselves and others and enhances fulfillment. Learning to say AND instead of BUT stretches our comfort zone. Practicing a growth mindset is like water on a stone, gradually helping us to cultivate awareness and wisdom.

To watch the webinar that was part of the Self-Care Isn't Selfish series:

Growth Mindset With Rebecca Boswell:

youtu.be/x6lGj4svYo?si=1rhf_PLdkrzCM1jZ



To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

*Find out more about creating better connections with Safe Conversations
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