

Step 01

Diagnose

According to Dweck (one of my favorite psychologists), people either have a fixed or a growth mindset. And you are a projection of your mindset. Fixed mindset or employee mindset is almost similar. A person with a fixed mindset did not believe that they could improve.

Check your mindset, Is it a fixed or a growth mindset?

Ask yourself?

- Do you complain about most things?
- Do you work to just complete orders?
- Are you a trend follower?
- Do you hate Math's?

This is small check list to understand your mindset. If the answer is yes to most of these QUESTION, then my friend you have a mindset of an employee. An employee mindset will force you to see your circumstances as fixed and permanent. This is a fixed mindset, and this will always focus on output. on the other hand, the growth mindset will help you to realize that your circumstances are temporary, and you can work towards the betterment and improvement. Growth mindset always focus on outcome rather than output. The most fundamental difference between a growth mindset and a fixed mindset is that fixed mindset is always about what it is, and a growth mindset is all about what it can be?

Step 02

Draw your dream

human mind needs a clear instruction when it comes to decide what we want for example when I say that I want success my mind well not recognize what success is but when I strongly say that I need to get 95% marks in my chemistry exam then my mind will work towards it then find a way to get 95% of marks. So, draw your dream whatever it may be, do not worry about whether it is possible just draw it, the kind of house you want, your dream car, whatever draw it.

Step 3

The third step will be about **goal setting**. We heard this term a number of times BUT still we do not know what it means. setting the goal is not just a destination but a journey and during this journey we need to be flexible about our goal. but yes, we MUST have result-oriented goals to work for and then according to the need we must have behavior-oriented goals. my dear friend we must differentiate between the result oriented and behavior-oriented goals. you will get the desired result only if you are ready to change your behavior.

To think about your goals, first you need to remove all the outside influences, and then write your real purpose to achieve something. Why you want to be what you want to be? And how you can be that? Write everything. Think about the possibilities, think about the path, will you be able to enjoy your failures? will you love to learn from your mistakes? Go ahead talk to yourself.

Step 4

The feedback mechanism

A human body work on a feedback mechanism, if any process slows down in our body, then the hormones in our body Give positive feedback to the central authority and the steps will be to increase the rate of that process. (Remember that example from your high school biology textbook). similar mechanism is must when we want to achieve success in our life. once we are ready with a plan, a constant check is must to move in the right direction with the right pace. so, define a strong feedback mechanism to have check and balances.

But then how to get the true feedback? think.

Step 5

Learn

Learning is a process. And if someone is not committing mistakes then he or she cannot learn anything. A proper analysis of our mistakes helps us to learn and shape our unique mindset of success. But how we analyze our actions with complete honesty is the key to learn in a right way.

Always remember

Version ONE is always better than version NONE.

So, Gaurav please tell me the best way to learn. Will you give me some classes to learn how to learn? No, my dear, I cannot. Actually NO ONE can teach you how to learn. Every person in this world will learn in a unique way and the secret is, that we have to devise that method by our own. You can do it. Just try your own methods to finally get the HOLY GRAIL.

Step 6

Practice

Once you are ready with a new skill, practice that skill and become an expert. Whatever field you choose to be in, practice will help you to become an authority in that field. human mind will work in a way that until you practice our mind will not consider it as something important. when we repeat the same thing then our mind, will try to devise a method to do it more easily and subconsciously.

Step 7

Test

The ultimate step is to evaluate your abilities, for this you need to take challenges and remember **the tougher the challenge, bigger the success.**

All the best

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