HOW TO CHANGE YOUR MINDSET

What's your mindset? Your mindset is how your beliefs influence your behaviors, relationships, and reactions. With practice, you can change the mindsets that are negatively impacting your happiness, success, and overall satisfaction with life and academics.

Changing your mindset requires you to refocus your values and make sure your actions align with them. If you're struggling with maintaining a new mindset, remind yourself why you originally wanted to change your mindset. As long as you remember not to give up, you will find a way to succeed!

**Promotion vs. Prevention**
- Practicing a promotion mindset helps you focus on your values and priorities when pursuing your goals.
- A prevention mindset is useful in situations when you are not safe.
- If you start to feel anxious while working on a goal, remind yourself why you started your goal and why it is important to you.

**Outward vs. Inward**
- Practicing an outward mindset affects how you interact and work with members of a group you are in.
- If you are having trouble working with your group, remember that you are in control of how you react to a situation and try to think of a solution.

**Open vs. Closed**
- Practicing an open mindset affects your humility and helps your willingness to learn new information.
- When faced with information that makes you feel defensive, pause and ask yourself what about it is making you feel this way.

**Growth vs. Fixed**
- Practicing a growth mindset helps you manage difficult situations. You believe that you can improve any situation, even if the only thing you can change is your attitude.
- When faced with a situation that makes you feel like you want to give up, tell yourself, "I can do this, I just need to work harder."