

**Learning  
hack  
Check  
your  
mindset**

**THRIVE**



[thrivelearning.com](https://thrivelearning.com)

**Getting into a growth mindset is the best way to learn, grow, and be successful.**

## Fixed mindset

"I'm either good at something or I'm not."

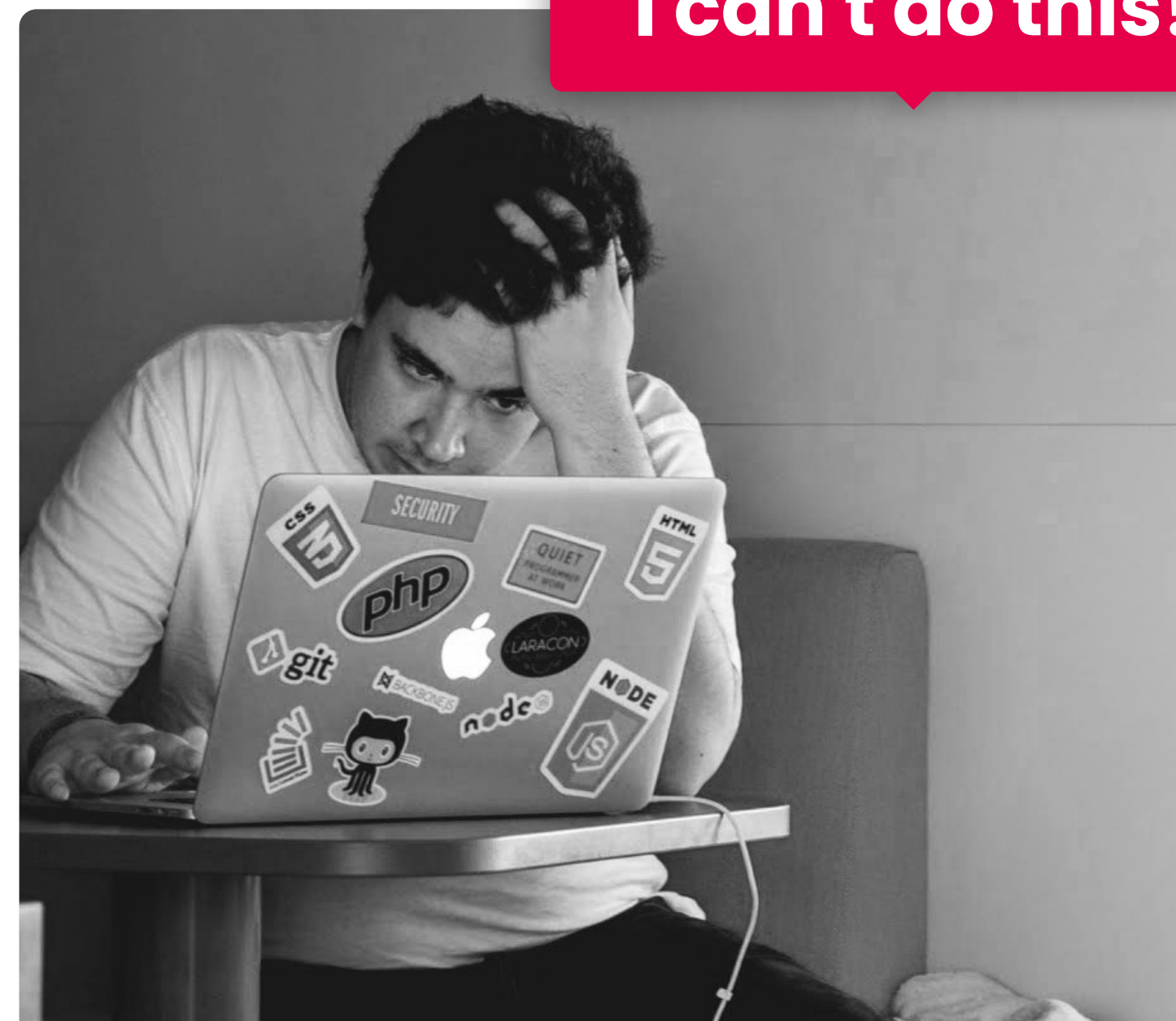
"Failure should always be avoided."

"I stick to what I know."



"I can't do this, yet."

"I can't do this!"



## Growth mindset

"Failure is an opportunity to grow."

"I can learn to do anything I want."

"I like trying new things."

# Overcome barriers to learning

## Find your motivation

Some people love learning for the sake of learning. Some don't. There usually needs to be a good reason why you want to learn something. To find that 'why', ask yourself what you're working towards and what's in it for you if you succeed.

## Work with what you've got

Lack of time, money or energy are common barriers to learning. But learning doesn't always have to be an expensive or time-consuming process. A free online course taken in less than ten minutes counts too. Learning can happen anywhere.

## Make learning fun

No single way of learning suits everyone. If reading isn't your thing, try videos, podcasts or audiobooks. If you don't like learning on your own, see if someone else can help, mentor or teach you. There will be something that works for you.

## Let yourself be a beginner

Nobody is good at everything straight away. Don't let negative thoughts like "I'll never be good at this" get you down. Instead, accept that you're probably going to be bad at things to start with, and that's okay, because you'll get better over time.

