



# The Power of the Learner's Mindset

With Tova Payne



# Introduction

Embracing a Learner's Mindset is the greatest way to expand our life and be open to more of life's opportunities.

In today's talk, I'll share why this is true

# First, What is Mindset?

An Article by Kendra Cherry, MEd, VeryWell Mind:

“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. It means that what you believe about yourself impacts your success or failure.”

# The Power of Our Mind:

*“If you change the way you look at things, the things you look at change” -Wayne Dyer*

We can CHOOSE how we view life and this alone will change our reality. This is the power of mindset!

There are 3 mindsets we will look at today:

# Fixed - Growth - Learner's

## **Fixed Mindset: Example Statements:**

I've never been a good student, it's just not who I am"

"I've never created an Excel spreadsheet, I just can't do things like that"

"At my age, it's too late to start over, and frankly I don't know where to start, and it's just not worth it at my age. I'll just stay at this job until I retire"

# Growth Mindset: Alternative Outlooks:

I've never been a good student, it's just not who I am"

*"I've never been a good student before, but if I seek out extra support, I am sure I can do better than the past, there's no reason I couldn't succeed in this subject, even if it takes me a little longer to study"*

"I've never created an Excel spreadsheet, I just can't do things like that"

*"Although Excel intimidates me, I can ask Shelley to mentor me on creating one and I am sure I can overcome my discomfort and learn to do it. Maybe I'll even end up enjoying it!"*

"At my age, it's too late to start over, and frankly I don't know where to start, and it's just not worth it at my age. I'll just stay at this job until I retire"

*"I may be in my (40's, 50's, 60's) but I can see there being another 15-20 years of work ahead of me, and I'd like to be fulfilled. Although it will get me out of my comfort zone, I can explore new career opportunities and find out what it takes to change direction"*

# Learner's Mindset

The Learner's Mindset goes above and beyond. It is a mindset and life-view/perspective that EVERY moment is an opportunity for learning and growth.

For example, the person who is seeking to shift direction will pay attention to the places they go, people they meet, conversations they hear and be open to inspiration and ideas to make a shift forward.

Learner's mindset is being actively engaged and aware at all times and being open to the learning opportunities of everyday life along with embracing the growth mindset.

# Growth and Learner's Mindset

In Growth Mindset there is a beautiful saying, (which I read in Harapnuik' article where he gave attribution to Carol Dweck, an American Psychologist who speaks about Mindset: The power of **“Not yet”** For example “I haven't made an Excel sheet YET” this means there is room for growth and possibility to create.

In Learners mindset this is also true and goes beyond that. In Learners Mindset there is space for further innovation and creativity. Learner's mindset is about being in a state of curiosity. Perhaps something such as “Yes, and, what other possibilities are there?” Maintaining further openness and curiosity. This is the expansiveness of Learner's Mindset.



## My Question to you:

Do you agree with my opening statement that “Embracing a Learner’s Mindset is the greatest way to expand our life and be open to more of life’s opportunities”

What action can you take today to experiment with a learner’s mindset?

## Homework:

If you're inspired take 20 minutes and write out where in your life do you feel you have a fixed mindset, where would you like to open up to a growth mindset, and how can you expand further into a learner's mindset?

Thank you for watching!

# References

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