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Change Your Fixed Mindset into a Growth Mindset [Complete ...

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Mindset - Updated Edition: Changing The Way You think To Fulfil Your Potential. Carol Dweck March 7, 2019. Little, Brown Book Group.

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To upgrade your mindset, change your negative self-talk to an empowerment speech. Sounds cliché, but telling yourself “I can do this” or “I got this”, really works. 2. Change your Language

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