

Changing your mentality and the road to success



I truthfully say when I'm thinking of you that the effort of changing your mentality is coordinated by a new system of beliefs and can be fulfilled only with sheer and continuous effort.

One of our friends, psychologist at Stanford, Carol Dweck, has two important concepts what us, people eager to change and deepen our knowledge, should take into account. After long years of research, she came to the conclusion that we can change our mentality through certain dispositions and attitudes. Meaning through the Vision we have with ourselves. The Vision can determine whether we're going to become and achieve what we want and cherish or not.

This researcher describes two sets of radical thinking that she calls mentalities:

- Static (stone-still, fixed)
- Dynamic (progressive, developing)

The static mentality is about people who are born talented and intelligent. They are stone-still. They have an impulse to continuously prove their qualities. This type of people desire to be acknowledged and they count too much on their capacities, without wanting to grow.

On the other hand, those with the dynamic mentality count on self-development and their own vision on reality. This is the principle for growth and evolution and is linked

to the experience, training and personal efforts. Dweck calls it passion or thick-skinned will.

Static mentality doesn't lead you to a powerful will.

The dynamic one does. It's the road to unlimited perseverance, unrestrained by society.

It's the ability to lean and grow with efforts.

In order to get what you want in life, studies prove that the intelligence, knowledge, relationships, health, good looks, or social intelligence don't get you as far as WILL does.

Willpower is the passion and perseverance invested in long term objectives.

Will is strong.

Being willful is to dedicate yourself to the future day by day. Not just a week, not a month but years of work for the future to become reality.

Will is to live your life like on a marathon, not a sprint.

It's good to know that talent doesn't make your perseverant. According to researches, the attribute of perseverance is rarely met in talented people.

I sincerely challenge you to search for the best ideas, the best intuitions to test them together. Measure their success and take a leap of faith. Even if we lose or win. Let's become capable to start again with the lessons learnt.

Mental Training = Happy Life = Will and Power

Share these thoughts and you'll help your friend achieve transformation.

The group of the clean and clear minded people salutes you.

Got any opinion? Please leave your comment below.