

BUILDING YOUR HUSTLE

Fixed Mindset

Books

- The 7 habits of highly effective people by Stephen Covey
- Year of Yes by Shonda Rhimes

Podcasts

- The Asian Efficiency Podcast
- Hustle Smart

Youtube Channels

- Breeny Lee: <https://www.youtube.com/watch?v=jUjwVVxW0Mc>
- Mamba Mentality: <https://www.youtube.com/watch?v=4gi9y3sTrXE>

Next Steps:

Identify your mindset triggers. Here are some common triggers:

1. Having to work hard.

Most people like to say they're hard workers. If hard work is one of your mindset triggers, you may get overwhelmed by tasks that require a long, sustained effort—and you will be more likely to give up. Another sign that hard work may be a mindset trigger for you is if you tend to compare yourself to others, and you feel discouraged when it seems like it requires less effort from them to achieve the same goals.

2. Facing setbacks.

Life happens. Let's say you decide to go on a diet, but on the very first day, a friend celebrates their birthday and you feel like you have to accept a piece of their birthday cake. With a growth mindset, this wouldn't be a big deal—you'd just get back on track and forget about it. But if setbacks are a mindset trigger for you, you may stop the diet altogether because you feel like you have failed already.

3. Getting negative feedback.

We don't all handle critique the same way. The problem is that some of us struggle to separate our performance from our identity. If we don't do well, we think we're not good enough. Think about how you react to critique—is it one of your mindset triggers?

4. Being challenged.

Being out of your comfort zone is one of the best signs you are learning and growing. If your mindset trigger is being challenged, it means that when you try to work on something and the solution you try doesn't work, you believe the goal itself is too hard—and you may quit altogether.

5. Seeing success in others.

This is one people have a hard time admitting to. It can be intimidating to hang out with people who are more advanced than you in their journey—which is why it's a mind-set trigger for many of us.

— Growth Mindset —

Books

- The 4-hour work week by Timothy Ferris
- Atomic habits by James Clear

Podcasts

- Clearer thinking with Spencer Greenberg
- Growth Mindset University

Youtube Videos

- What I learned from 100 days of rejection: <https://www.youtube.com/watch?v=-vZXgApsPCQ>
- https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

Next Steps:

Whenever you achieve a goal, ask yourself the following questions:

1. What can I learn from this?
2. What steps can I take to help me succeed?
3. Do I know the outcome or goal I'm after?
4. What information can I gather? And from where?
5. Where can I get constructive feedback?
6. If I had a plan to be successful at [blank], what might it look like?
7. When will I follow through on my plan?
8. Where will I follow through on my plan?
9. How will I follow through on my plan?
10. What did I learn today?
11. What mistake did I make that taught me something?
12. Is my current learning strategy working? If not, how can I change it?

Challenge Time!

We challenge you to complete the following every day for the next 30 days:

My goal is...

Completion date: _____

Why is this goal important to me?

What might get in the way of my success...

Action Steps

I will...

Where & When...

Reflection...

Results...

I will...

Where & When...

Reflection...

Results...
