



Get Your Mind Right Around Love AB

PODCAST EPISODE 02: Get your mind right around love

[Pause for intro with music]

EPISODE #2 SYNOPSIS

Can your mindset really make that much of a difference in your ability to find Mr. Right? In finding True Love? You bet! And a Stanford University professor's ground-breaking new research backs it up. In this episode you'll hear how this amazing research can help you right now to change the way you think about yourself, about love, and your REAL prospects for true love going forward.

Recently, I read an awesome book. It's called *Mindset, The New Psychology of Success: How We Can Learn to Fulfill Our Potential*. The author, Carol Dweck is a Professor of Psychology at Stanford University. After decades of research on achievement and success, she discovered a simple, yet profound and life-changing idea: that **your mindset makes all the difference in your success in any area... not just business or sports or parenting... but in your relationships as well**. In her research, she found that people display mainly one of these two mindsets: Fixed or Growth. This so cool!

In a Fixed Mindset, people believe their basic qualities, like their intelligence or talent or how they get along in relationships, are simply fixed traits. People with a **Fixed Mindset** believe that

their traits are just givens, that they are the way they are, and that's that. They feel they have a certain amount of brains and talent and nothing can change that. If they have a lot, they're all set, but if they don't – oh well! ... So people in this mindset worry about their traits and how adequate they are. They are terrified of looking bad, of being exposed as not “having it all together”.

They have “something to prove” to themselves and others. Always. They avoid TRYING, and spend their time documenting their intelligence or talent (or lack thereof) instead of *developing* them. They also believe that **natural talent (aka *luck* or a “special blessing from God”)** alone **creates success—without effort**. All of Dr. Dweck's research proves that **this mindset is completely ineffective** in creating success and fulfillment in any area of life. And, when it comes to how human beings are made and how our brains work – it's just plain wrong!

In a Growth Mindset, on the other hand, people believe that **their most basic abilities can be developed through dedication and hard work— and brains and talent are just the starting point**. Of course, they're happy if they're brainy or talented, but they don't stop there. They understand that no one has ever accomplished great things—not Mozart, Darwin, or Michael Jordan—without years of passionate practice and learning. **This view creates a love of learning and a resilience that is essential for great accomplishment in all areas of life**. Virtually all successful people have had these qualities.

The **passion** for stretching yourself and sticking to accomplishing your dreams, even (or especially) when it's not going well, is a character trait of the growth mindset. This is the mindset that allows people to **thrive** despite huge challenges in their lives. Have you had what might be described as “huge challenges” in love and relationships? I know I did. Johnny too. Most of our clients too.

I have to say as I'm reading this book, I see how most of my life I've had a growth mindset (especially about love and relationships and finding my soulmate), but I've also had a few areas in my life where I displayed a “fixed mindset”... and that has really held me back in those areas. One major area I've had a fixed mindset about is the area of fitness. I've never been “naturally talented” at sports or fitness activities. **I've held myself back** from growing in this area since I never allowed myself to identify with “athletic” as a label for myself. **I still struggle** in this area to this day.

What about you? In the area of love and relationships, what kind of mindset would you say you've had? If you've been thinking that “my picker is off” and “I've just had bad luck with men”, you've most likely been in a fixed mindset about this area.



Here's the good news: You can LEARN to take on a Growth Mindset!! That's what I've committed to do this year around fitness and sports. And **if I can do it, so can you!**

I have a question for you that I'd love to hear from you about in the comments below: Where have you had the fixed mindset in your life and how did it affect you? Where can you take on a growth mindset to help you move forward in your life? Please share. I love to hear from you and I do my best to respond to every comment.

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Have a great week! Here's to LEARNING and GROWING!

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