



Mindset Development

COURSE

Course Facilitator

Jabu Zwane



mindset
DEVELOPMENT
INSTITUTE

info@mindsetdevelopmentinstitute.com

0(+27)82 551 2652

www.mindsetdevelopmentinstitute.com

1: What are Mindsets and how do they form.

Research on how thoughts build in our minds and implications in this era of information. Understanding how mindsets form begins with an awareness of how thoughts accumulate. Understanding how we learn.

The 5 Principles in Mindset Development.

1. Awareness: The faculty of awareness – The Mind.

1.1. What is Awareness.

1.1.1. The Degree and Frameworks of Awareness.

1.1.2. The three levels of the mind.

1.1.2.1. Conscious level.

1.1.2.2. Subconscious level.

1.1.2.3. Unconscious level.

1.2. How purpose is influenced.

1.2.1. Hierarchy of Needs.

1.2.2 Life stages: Survival, Stable and Thriving.

2. Function: Activity that is natural to or operation that is perfectly suited for something, an item, a part or a person.

2.1. Potential: The total collective measure of all performance components at their optimal operation.

2.1.1. Performance components.

2.1.1.1. Ability: an activity that a thing, a person or a part can do.

2.1.1.2. Capacity: The measure or an amount that a thing, a part or a person can do.

2.1.1.3. Competency: The excellence or perfection with which a thing, a part or a person can perform an activity.

2.1.1.4. Fitness: The energy, endurance, flexibility and agility with which a thing, a part or a thing can do.

2.1.1.5 Confidence.

2.2. Operational laws: purpose.

2.3. Process development.

3. Spheres of influence.

3.1. External factors of influence.

3.1.1. Sources of Influence, their structure of hierarchy. Approved (ASIs) and Unapproved sources (USIs)

3.1.1.1. Relationships.

3.1.1.2. Environment.

3.1.1.3. Institutions.

3.1.1.4 3 Pillars of Influence.

3.2. Internal factors of influence.

3.2.1. Physical: The brain and the body.

3.2.2. Emotions.

4. Impact: Factor how things forcible affect us.

4.1. Dealing with the Positives.

4.2. Dealing with the Negatives.

5. Finitude: Human Limitation.

5.1. 5 Components of Human Limitation.

5.2. 1 Substance.

5.2.2 Presence.

5.2.3 Performance.

5.3.4 Existence.

5.3.5 Consciousness.

PART 2: The Types of Mindsets

1. Fixed Mindset, based on the Book by Dr Carol Dweck, MINDSET: The Psychology of Success.
2. Growth Mindset, based on the Book by Dr Carol Dweck, MINDSET: The Psychology of Success.
3. Well-developed Mindset: Dominant Mindset – Negative and Positive.
4. Transcendent Mindset.
 - 4.1. Individually driven.
 - 4.2. Environmentally Driven.
 - 4.2.1. Culture.
 - 4.2.2. Norms and Standards (Myths and Superstition).
 - 4.2.3. Belief Systems (religion).
 - 4.2.4. Politics.
 - 4.3. Institutionally Driven
 - 4.3.1. Intellect.
5. Poorly-developed Mindset.
 - 5.1. Fragment Thought Syndrome (FTS)
 - 5.2. Stumped Thoughts.
6. Negative Mindset.
 - 6.1. The Framework of Limiting Mindsets.
 - 6.1.1. Shame.
 - 6.1.2. Fear.
 - 6.1.3. Guilt.
 - 6.2. The number one Consequence of Negative Mindset: Insecurity
7. Positive Mindset.
 - 7.1. The number one Consequence of a Positive Mindset: Confidence.

PART 3: Developing Strong Mindsets and Changing Old Mindsets.

7 Steps of developing Strong Mindsets.

1. Awareness of thought processing.
2. Re-posture: Repurpose your thoughts.

2.1. Disposition

2.1.1. Purpose: What is the purpose of the thought?

2.1.2. Structure: What is the structure of the thought? (e.g. What is the thought structure?

2.1.3. Impact: How it impacts our future? (e.g. How it impacts our future?

impacts thought

3. Declutter. (

4. Re-organise

5. Redirect: In

6. Execute: C

7. Repeat Pro

strengthened



mindset
DEVELOPMENT
INSTITUTE

PART 4: Re

- Participant: ...ce of the
- This is a Qu ...n ask question
- and have them answered.
- Participant fill out their Personal Growth Plan for Mindset Development.

End of Course



mindset
DEVELOPMENT
INSTITUTE

A Course by:
The Mindset Development Institute

Mindset Development

COURSE

