

# Developing a Character Champions Growth Mindset

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Character Champions®



Ever wonder how you can be successful in life and realize your true potential?

Having a Character Champion growth mindset will help you do that.

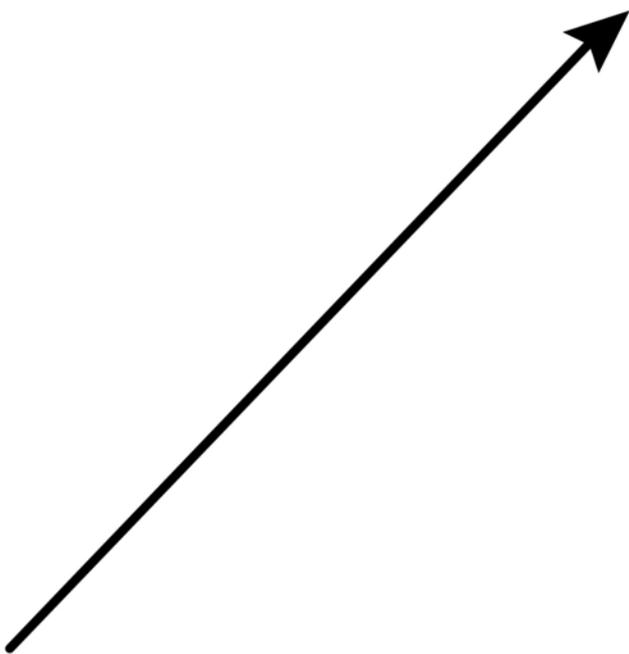
One of the main differences between someone who is successful and someone who is not, is an ability to persevere with self-awareness, grit and determination.

Despite life's challenges and obstacles a Character Champion realizes that failure and setbacks are a normal part of life.

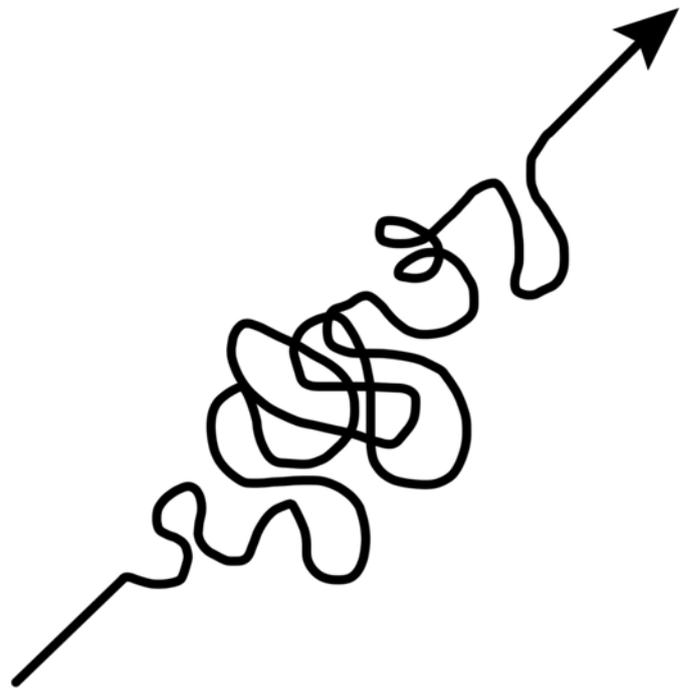
We are wise to remember that mistakes are a useful part of the learning process, if we use them in constructive ways.

**SUCCESS**

**SUCCESS**



what people think  
it looks like



what it really  
looks like



What people often do not realize is that success is often 1% inspiration and 99% perspiration.



It is not always due to having natural abilities or capabilities.

People often underestimate the amount of time, effort and persistence it takes to really become successful in life.

For example; you may be a talented musician, but if you want to become a concert pianist you need to be practicing several hours everyday for many, many years.

Greatness does not just happen on its own. It is generated through our hard work and effort over time.



We are all born with different inborn talents, strengths, weaknesses, abilities, and personality traits.



Therefore, some people have abilities and capabilities that come more naturally and easily to them.

Still, success depends on many factors.

What about for those, that are not born quite as talented as we'd like?

What can they do? Just because someone struggles more in a particular area, does not mean that they can't achieve success.



While not always, but often, by having self-awareness, grit and determination, they are able to evolve and grow further than they ever would have dreamed possible.

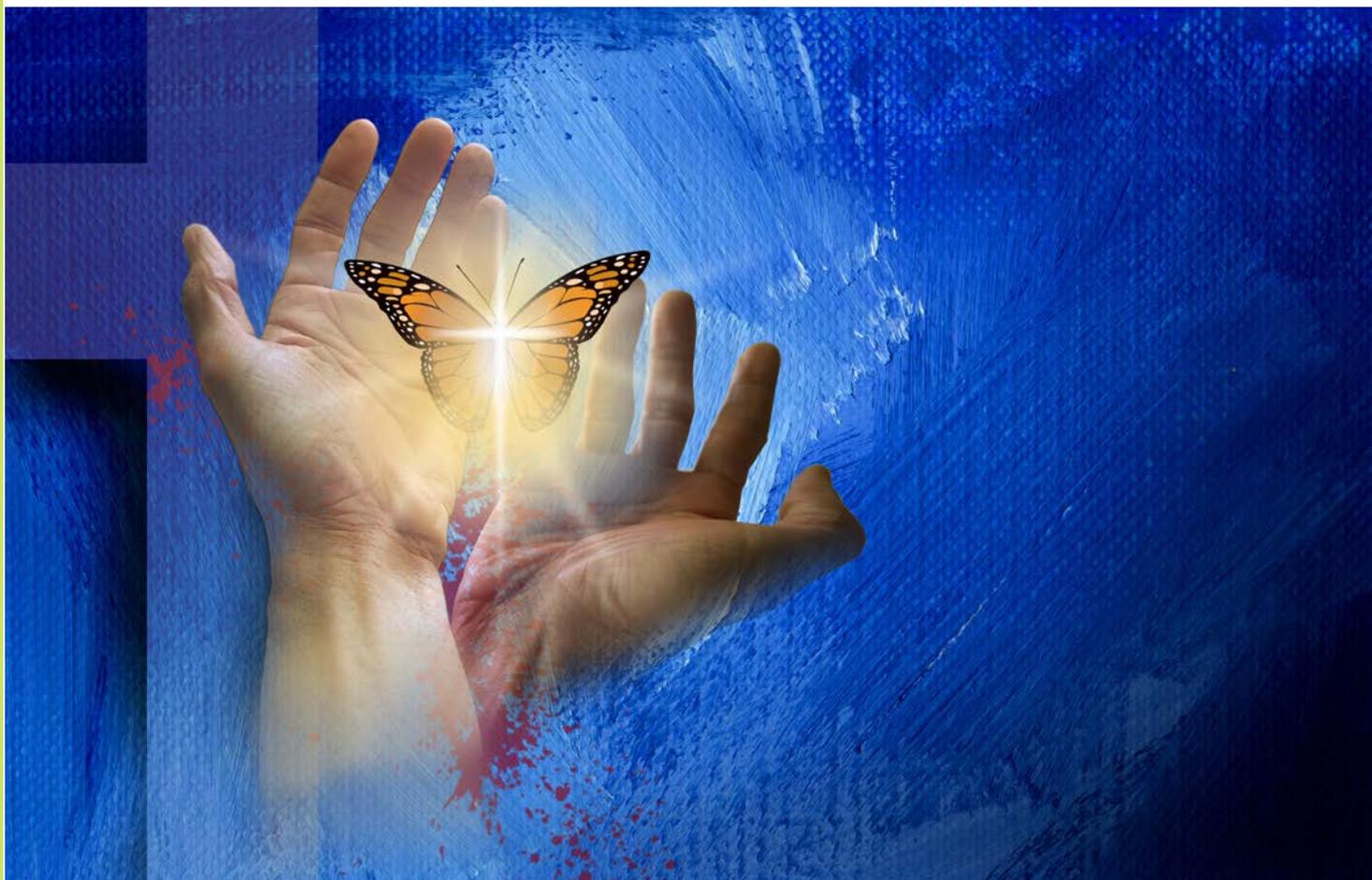
It is very important that you figure out what your gifts and talents are.

Having this knowledge empowers you to gain momentum and build upon the natural strengths of what you already have.



You also need to know your areas of weakness. If you don't know what your deficits are, then how are you able to work on them? Having self-awareness is key.

Let's meet Raj. Having a strong blue mindset means he tends to be very emotional and sensitive, but he is also very kind, caring and empathic.



He often makes decisions based more upon what he felt versus facts and sound advice. He made A LOT of bad decisions. But just because logical decision making is not his forte, didn't not mean he couldn't balance out his blue emotional nature with a more, green analytical and logical side.

If Raj had maintained a fixed mindset, he might said, "that is just the way I am. I can't change. I've always been a really emotional guy and I am not about to change now".

What if he'd given up easily, didn't try very hard to make better decisions and continued to make one bad decision after another?. He just viewed himself as a hopeless failure without trying to do something different. His life would be in shambles.

Feeling  
Blue?



Now instead, when he made yet another poor decision, he realized something has got to change... So he developed a growth mindset.

Now he faces his challenges head on, by consulting with friends and family before making any major life decision.



# SUCCESSFUL PEOPLE

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Read every day 

Compliment 

Embrace change 

Forgive others 

Talk about ideas 

Continuously learn 

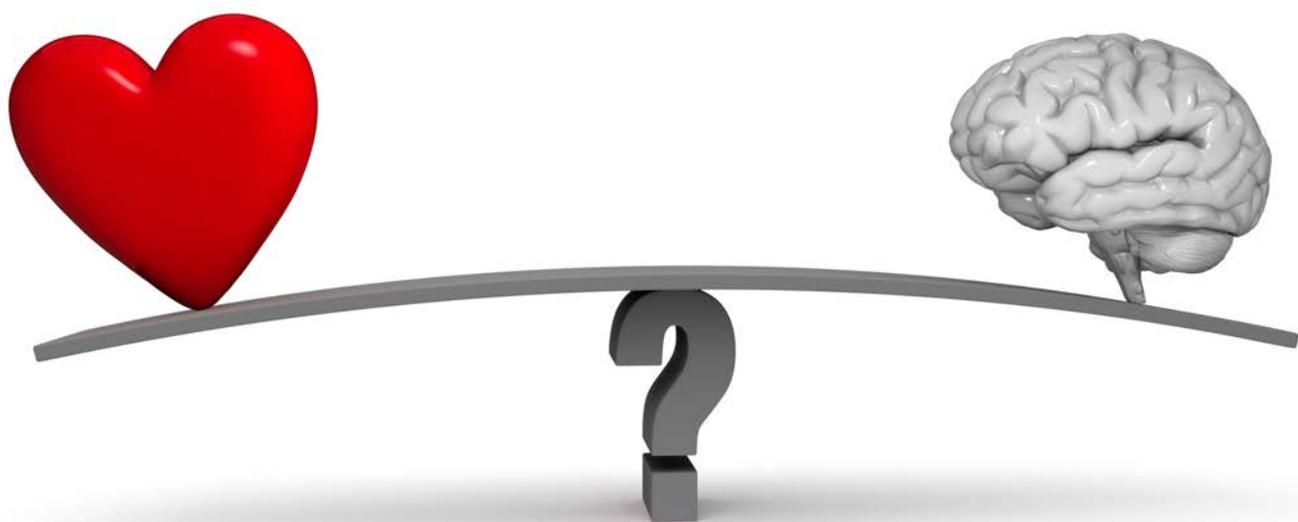
Accept responsibility for their failures 

Have a sense of gratitude 

Set goals and develop life plans 



He put in hard work and effort by going to therapy and working with a coach, to learn how to improve his decision making skills and learn how to make green/blue - head/heart decisions.



He took his therapist's and coaches feedback to heart, even though it was not always easy to hear. He viewed the mistakes he had made in his life not as hopeless failures but valuable learning opportunities.

He read self help books, took classes, learned more about himself. He did not expect that logical decision making came naturally or easily to him.

He knew he really had to work hard and put other safe-guards in place to help protect him from his own overly emotional decision-making. He also realized that he was a work in progress, and setbacks were a normal part of the process.



We look at people who are extremely successful in their life and we often don't realize just how much their hard work and growth mindset has made a difference. They may have fallen down and failed multiple times on their journey to success.



If you can't  
find a way,

Create one

When successful people encounter challenges, they don't say "I'm not good at this. I give up." Instead they say, "What am I missing? What haven't I learned yet?"

They find or learn a different strategy. They have a growth mindset, and they know the power of "yet." "The power of "yet," means that you haven't learned something yet, implying that you will learn what you need in the future.

Do you know why the cleaner 409 is called 409?

The reason is, it took 408 failed attempts to create the winning formula which the inventors only got right on the 409th attempt.



That is a lot of failed attempts. They persisted and persisted until they got it right. This is called having a growth mindset.

It's important to give yourself credit for effort even if you've failed. Don't let the mistakes you make determine who you are. You're not just the "blue dude" limited to emotional responses to life's problems.



Just because you're stronger in the Blue Mindset and lower in the Green analytical Mindset, doesn't mean you can't access the more logical part of yourself. You also have other facets to your personality, with other important abilities that you can grow.

We all have a part of us called our "Champion Self." This is the part of you that always seeks your own and others' highest good. It is your observant self, which has a bird's eye view of your inner life, your outer life, and all of your possibilities. Your Champion Self helps you to make your wisest decisions. Having a growth mindset allows you to be open to your Champion Self, to reach your full potential.



# About Our Authors

## Dr. Diana Chavez Ketterman, PhD



Dr. K. is a licensed educational psychologist with more than 40 years' of experience working in schools and private practice, who shares her expertise internationally with families, school districts, hospitals, churches, civic/business organizations, community colleges, and universities. Author of several books about individual differences, parenting and life-long success, Dr. K. and friends are passionate about sharing the value of Character Champions for building compassionate communities and making the world a better place. Whether you are 3 or 103, you can discover the secrets of the CC Code and S.O.A.R. in ways you have never dreamed of. Come learn with us the tools you need to spread compassion—not Covid-19—in fun, interactive, and useful ways.



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## Yisraela Ketterman, M.A - LMFT



Yisraela Hayman has been practicing in private practice as a Licensed Marriage & Family Therapist for the past 12 years and is passionate about making the world a better place. She is the mother of four adult children who are 32, 30, 28 & 22 years old. Her little therapy pup “Amora”, often joins in sessions and provides her clients with that little extra bit of warmth, licks and love that is so often needed to assist clients in their healing journey. Yisraela also is dedicated to nurturing the development and training of future therapists, and in that capacity has been working as a supervisor for Grow UR Potential and other agencies for the past 8 years.

She is on the board of Character Champions Behavioral Health & Wellness which is a non-profit dedicated to helping educate and empower people to create psychological wealth by understanding themselves and others better. The aim is to help people transform their relationships and bring the world just a little bit closer to achieving world peace. Her web address is [www.yisraelahayman.com](http://www.yisraelahayman.com).



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