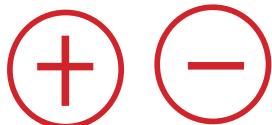


4 WAYS to Improve Your Mindchatter

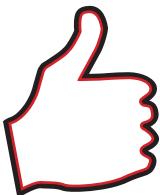
Let your thoughts be ...



Constructive



Reflective



Motivational



Practical

These thoughts are derived from the work of: Dweck, C. S. (2008). *Mindset: The new psychology of success*. New York: Ballantine Books; Heslin, P. A., Latham, G. P., & Vandewalle, D. (2005). The effect of implicit person theory on performance appraisals. *Journal of Applied Psychology*, 90, 842-856; <http://mindsetonline.com/changetyourmindset/firststeps/>; <http://www.forbes.com/2009/04/20/mindset-psychology-success-leadership-careers-dweck.html>



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