



# Mindset Development

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# COURSE

**Course Facilitator**

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**mindset**  
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## **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. Three most powerful negative Mindset.
    - 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: How purpose aligns your thoughts.
    - 2.1.2. Background: How it builds and impacts your thought structure.
    - 2.1.3. State of being (Mentally, Emotionally and Physically): How it impacts your thought processing in the moment, affecting your future thought structure.
3. Declutter. (Identifying Sources and Relevance of dominant thoughts).
4. Re-organise: For the purpose.
5. Redirect: Into the purpose
6. Execute: Goals and objectives in line with the purpose.
7. Repeat Process from the beginning: Build a thought structure that strengthened through repeated processes and creativity.

## **PART 4: Reflections, Questions and Answers.**

- Participants take up an opportunity to reflect on their experience of the course, the content and their own person reflections.
- This is a Questions and Answers session, where participants can ask question and have them answered.
- Participant fill out their Personal Growth Plan for Mindset Development.

# **End of Course**



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