# 3 Benefits Of Using A Growth Mindset

Have you been thinking about working on developing your growth mindset? Perhaps you’re wondering what the actual benefits of a growth mindset are, and whether these benefits will stick around for the long haul. You may already know, by now, that it’s healthier to have a growth mindset than a fixed mindset (these two mindsets are, quite literally, opposites), but why is having a growth mindset so beneficial?

In this article, we’ll be going over what a growth mindset is, exactly, followed by the 3 main benefits that come with having a growth mindset. Some of these benefits might surprise you, as well as motivate you to start developing your growth mindset today. Just keep in mind that it takes time to develop a growth mindset, so you shouldn’t expect to start seeing significant changes right away. Let’s jump right in, shall we?

## What is a Growth Mindset?

A growth mindset is basically exactly what it sounds like — a mindset of personal growth. People with a growth mindset tend to embrace challenges, and see their failures as learning opportunities.

## The Benefits of Having a Growth Mindset

Let’s talk about the 3 main benefits of having a growth mindset below (though, there are plenty more than 3!):

### Reduces Stress

Oftentimes, stress is rooted in an intense fear of failure. A person with a growth mindset will choose to embrace failure as a learning opportunity, rather than be afraid of it. Needless to say, nobody wants to fail, but those with a growth mindset are able to acknowledge the fact that it’s okay to fail. This makes things a whole lot less stressful, at work and in general!

### Improves Self-Esteem

With a fixed mindset comes limiting beliefs, and these limiting beliefs (i.e. “I’m not good enough”) can do a number on your self-esteem. Someone with a growth mindset will always be open to constructive criticism from others because they’re constantly looking for opportunities to learn. They will also have an easier time letting insults roll right off their back.

### Better At Handling Change

People who have a growth mindset are, generally, better at handling change. This is because those with a growth mindset don’t fear change — they embrace it. With a growth mindset, change is an exciting thing (though it can still be a bit scary). It’s a chance to try out new things and experience brand-new perspectives.