



the supplement
FACILITATING VITALITY



JANUARY 2019 MISTAKES

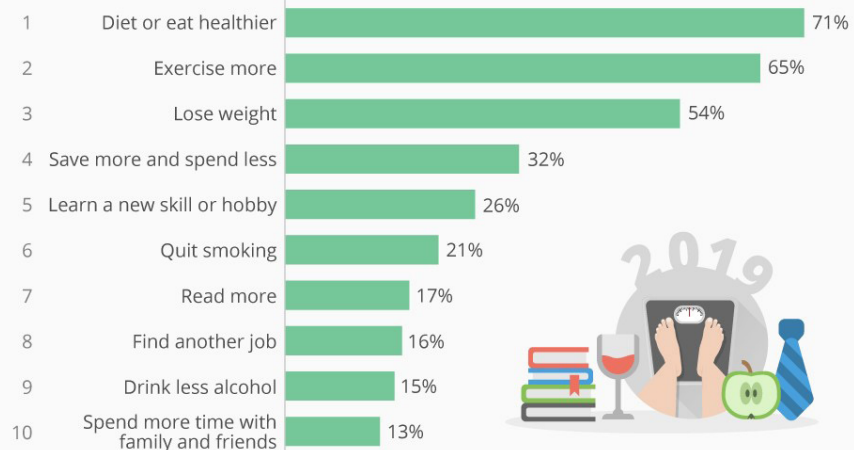
I have a 365-day calendar (dog shaming) that has a pithy message on the flipside each day. The one from December 31, 2018 read:

"I hope that in this year to come, you make mistakes."

This statement seemed contrary to most new year's resolutions which involve making fewer mistakes. According to a study published this month in *Inc.*, the top resolutions for 2019 are dominated by making-fewer-mistakes resolutions such as eating healthier, exercising more, or spending less. Only one of the top ten is an outright invitation to make mistakes – the fifth one – to learn a new skill or hobby.

The Top New Year's Resolutions For 2019

What U.S. people are wishing for the most in 2019



CC BY ND n=2,000
@StatistaCharts Source: Inc

statista

The article went on to state that approximately 60% of us admit to making new year's resolutions while only eight percent are successful in achieving them. What sets apart those of us who are successful from those of us who aren't? In large part the answer is in how we view mistakes.

Generally, people view mistakes from two different mindsets – the fixed mindset and the growth mindset. The fixed mindset believes that abilities are set in stone. When born with a certain IQ, personality, moral character, or athletic ability there is no changing them. With this mindset, a mistake is viewed as a personal failing which then creates an urgency to prove oneself over and over. You will know if you have encountered a fixed mindset when setbacks are expressed as:

*"I am an idiot."
"I am a loser."*



the supplement

FACILITATING VITALITY

These statements are then followed by repeated attempts to prove that the mistake is not due to individual inadequacy, but to some external event or widely held cultural stereotype.

*"Someone is out to destroy me."
"Women are terrible at math."*

Attempting a new year's resolution with a fixed mindset turns the smallest misstep into a tragedy of such proportion that the only answer is to abort the endeavor entirely. Incidentally, half of the responders to the *Inc.* study report abandoning their resolve by January 31st.

Where mistakes stop fixed mindsets in their tracks, growth mindsets take them as opportunities to learn and try differently. Mistakes serve as wakeup calls that guide future practice. The key to success is not viewed as an innate ability, but as the result of effort. The growth mindset accepts that it takes time for potential to develop. Compare the following responses to setbacks from individuals with a growth mindset.

*"I love working with you. You are stretching me."
"Let's time it and see if we can be faster."*

My guess is that the eight percent who are successful at meeting their new year's resolutions attack them with a growth mindset. If they fail, they dust themselves off and try again—maybe not harder, but differently.

Here is the rest of the pithy message from December 31, 2018:

"Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something." - Neil Gaiman

Attack 2019 with a growth mindset. Try. Learn. Live. Push. Change. Do.

Happy New Year!



PATRICIA M. FULLER, PhD,
Director, Wellness Engineering

Patricia M. Fuller has dedicated the last 20 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

pfuller@bks-partners.com | Have a Question? Email it to Dr. Pat!



This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.