



**NAMIBIA UNIVERSITY**  
OF SCIENCE AND TECHNOLOGY

**Department of Institutional Planning**

# **SELF Development: Cultivating a Growth Mindset**

29.04.2021



# Mrs Tjivikua's Words of Wisdom

What you Focus on you magnify

Choose Your Battles

Your Words Create your World



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## What you Focus on You Magnify





What you focus on you magnify:

- If you focus on pain, you'll continue to suffer.
- If you focus on the problem, you'll continue to oppress.
- If you focus on the past, you'll continue to depress.
- If you focus on the future, you'll continue to anxiet.
- If you focus on hate, you'll continue to be paralyzed.

But:

- If you focus on the process, you'll continue to advance.
- If you focus on the lesson, you'll continue to learn.
- If you focus on blessings, you'll continue in abundance.
- If you focus on the promises, you'll continue to have vision.
- If you focus on the Lord, he will make your path straight.

Take it. Test it. Teach it.

[www.TimothyRobertsTherapy.com](http://www.TimothyRobertsTherapy.com)

- Timothy D. Roberts

# Choose Your Battles



FIRST RULE  
OF MENTAL HEALTH:  
LEARN TO DISTINGUISH  
WHO DESERVES  
AN EXPLANATION.  
WHO DESERVES  
ONLY ONE ANSWER  
AND WHO DESERVES  
ABSOLUTELY NOTHING.



## How to Choose your Battles

Evaluate

Cost  
Analysis

Seek to  
Understand

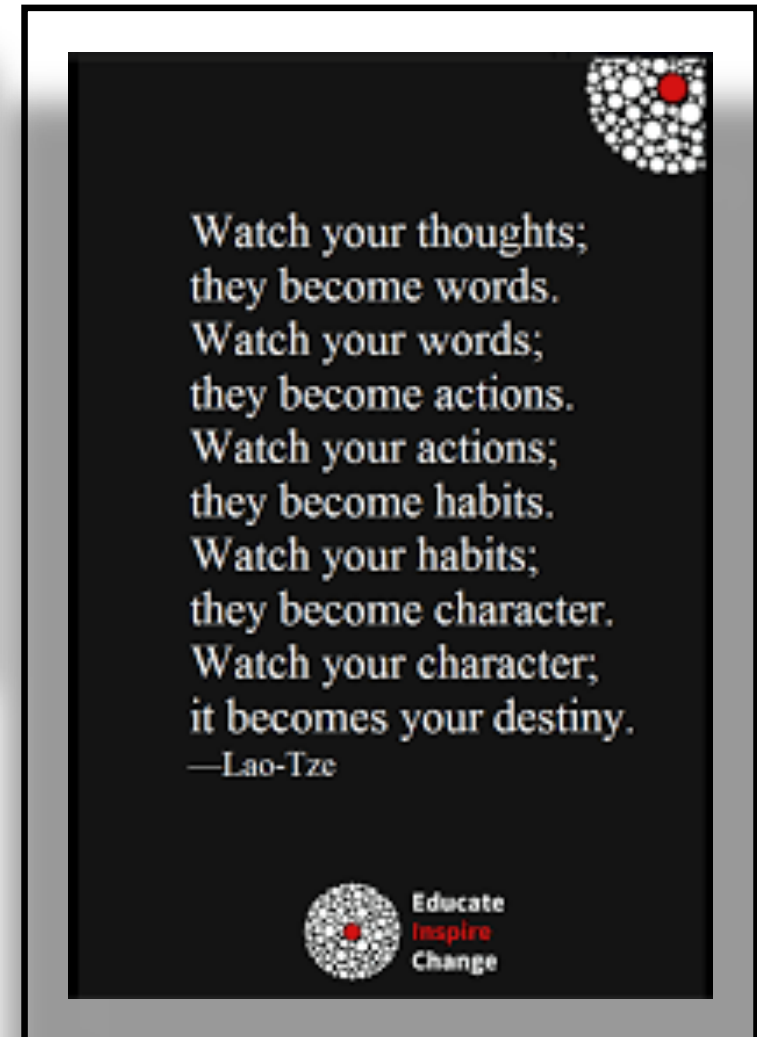
Breathe

Exit  
Strategy



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## Your Words Create Your World



# How to create your world

## Set Goals

- 1% better

## Affirmations

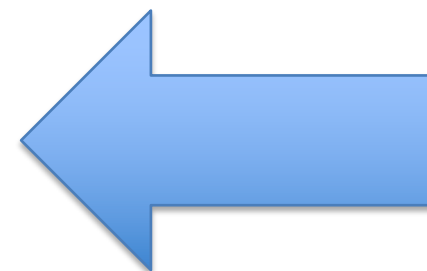
- Speak it into existence



## 12 POSITIVE AFFIRMATIONS FOR WOMEN

1. I am confident.
2. I respect myself.
3. I am not what others think of me.
4. I define myself.
5. I was created for greatness.
6. I inspire others.
7. I am a leader.
8. People look up to me.
9. I am growing as a person everyday.
10. I am proud of myself.
11. I will not settle for less than I deserve.
12. I am good to myself.

WWW.UPANDFORWARDONPURPOSE.COM



Is this really my best work?

Mistakes help me improve.

I'm on the right track

This may take some time and effort.

I'm going to train my brain in French.

This is good enough.

I made a mistake

I'm awesome at this.

This is too hard.

I can't do French

I'll never be as good as her

Change your words; change your mindset!

I give up

I'll figure out what she does and try it.

I'm not good at this.

I can't make this any better.

I'll use some of the strategies I have learned.

What am I missing?

I can always improve. I'll keep trying.



# Growth Mindset Practices

Exercise

Inspired  
Action

Journaling

Positive  
Affirmations

Breathing



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Thank You!!

## 12 Laws Of The Universe

- 01  Law of divine oneness : We are all connected
- 02  Law of vibration : Each particle in Universe is made of energy
- 03  Law of action : To achieve something, one must take action
- 04  Law of correspondence : Outer world is a reflection of our inner world
- 05  Law of attraction : Like attracts like
- 06  Law of cause and effect : You get back whatever you send into universe
- 07  Law of compensation : You get as good as you give
- 08  Law of perpetual transmutation of energy : The universe keeps changing
- 09  Law of relativity : Every individual is tested by the universe
- 10  Law of rhythm : Everything goes through cycles/rhythm/pattern
- 11  Law of polarity : Everything in universe has an opposite
- 12  Law of gender : All things have masculine & feminine components