

Yesterday during the Daily Dish show, I talked about Capacity vs Capability. What does that mean, you ask?

Your capacity is the ability that you currently have, whereas capability is the higher-level ability that you strive toward. Capability causes us to draw on what we have inside, but it is impossible to reach our full potential until we recognize that it starts with our *mindset*.

In *Mindset: The New Psychology of Success*, author Carol Dweck discusses two different types of mindset: fixed and growth.

People with fixed mindsets believe that intelligence is static. They feel threatened by the success of others, ignore constructive criticism, and give up easily.

Contrarily, people with growth mindsets believe that intelligence can be developed. They embrace challenges, learn from criticism, and see effort as the path to mastery.

Which mindset are you currently in?

Do you find yourself saying: "I can't do that," or "I can do anything I put my mind to!"

Do you say: "She succeeded because of luck...good genes...*insert reason here* ...but I'm not that lucky," or "Wow- she did such a great job! I am so inspired to also do my best!"

Our "I am" statements are indicative of where we want to go.

Remember, you are in competition with nobody but the person in the mirror, and everything you need is already inside you.

There are a few things that you can start doing TODAY to improve your mindset:

>Meditate

>Plan your day

>Plan your food

>Live deliberately

Today's goal? Be all in for the next 6 days!

AND YOUR ALIGNMENT ASSIGNMENT...

Step 1: Determine whether you have a fixed mindset or a growth mindset. What can you do to improve your "I am" statements?

Step 2: Step up into your life. Excellence is the path, but there will be bumps along the way. Don't aim for perfection- aim for progress!