

*Living a Global Witness Ministry That Transform, Transcends & Liberates*

# The Power of a Transcending Growth Mindset



**BALTIMORE CONFERENCE LAY ORGANIZATION**  
*November 9, 2024*

Courtesy of the AME Church Connectional Lay Organization 2023-2025

# The Importance of Mindset

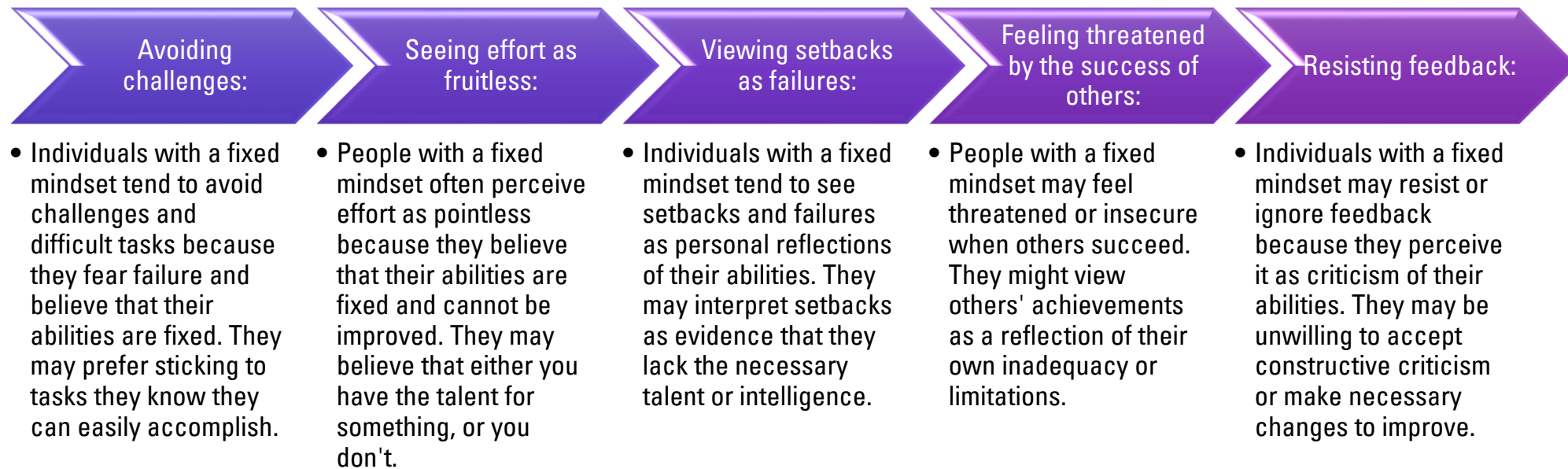
- Mindset: A set of beliefs and attitudes that shape our thoughts, actions, and ultimately, our outcomes.



## **Fixed Mindset**

A fixed mindset is a belief system in which individuals believe that their abilities, intelligence, and talents are fixed traits that cannot be changed or improved upon. People with a fixed mindset tend to believe that their qualities are predetermined, and they have a limited capacity to learn and grow.

# Characteristic of a Fixed Mindset

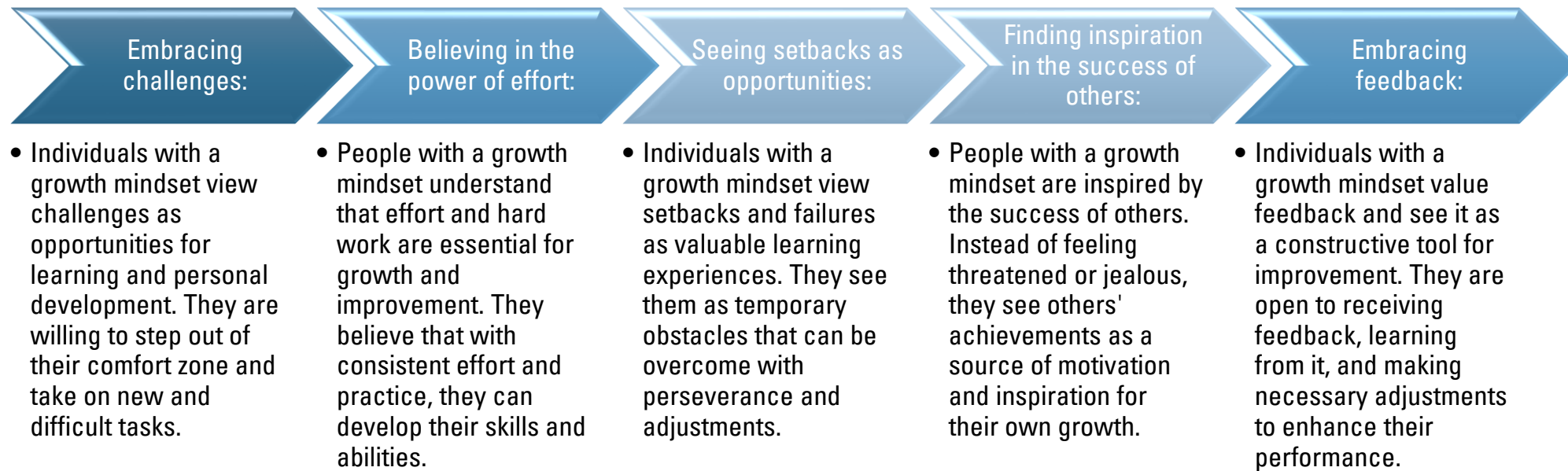




# Growth Mindset

- A growth mindset is a belief system in which individuals believe that their abilities, intelligence, and talents can be developed and improved through effort, learning, and perseverance. People with a growth mindset embrace challenges, see failures as opportunities for growth, and believe that their potential is not fixed but can be expanded with dedication and hard work.

# Characteristic of a Growth Mindset





# Transcending Growth Mindset

- The belief is that we can overcome our limitations and achieve our goals with effort and perseverance.



# The Power of Believing That You Can Improve





# Talk It Out

Let's reflect on the video

- Benefits and Challenges of Developing a growth mindset
- Developing a transcending growth mindset
  - SMART Goals

# Setting a SMART Goal

Specific:

- Clearly define the goal and what you want to achieve. Be specific about what, why, and how you will accomplish it.

Measurable:

- Set criteria or indicators to measure your progress and determine when the goal is achieved. Use quantifiable metrics or milestones to track your success.

Achievable:

- Ensure the goal is realistic and attainable within the given resources, time frame, and capabilities. Set challenging goals but ones that are within your reach.

Relevant:

- Align the goal with your broader objectives, values, and aspirations. Make sure it is relevant to your personal or spiritual growth and development.

Time-bound:

- Set a specific time frame or deadline for accomplishing the goal. This helps create a sense of urgency and provides a clear target to work towards.

# Our Goals



Let's Share Our Smart goals.

# Mindfulness

- the quality or state of being mindful
- the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis

# Transcending Growth Mindset Quiz

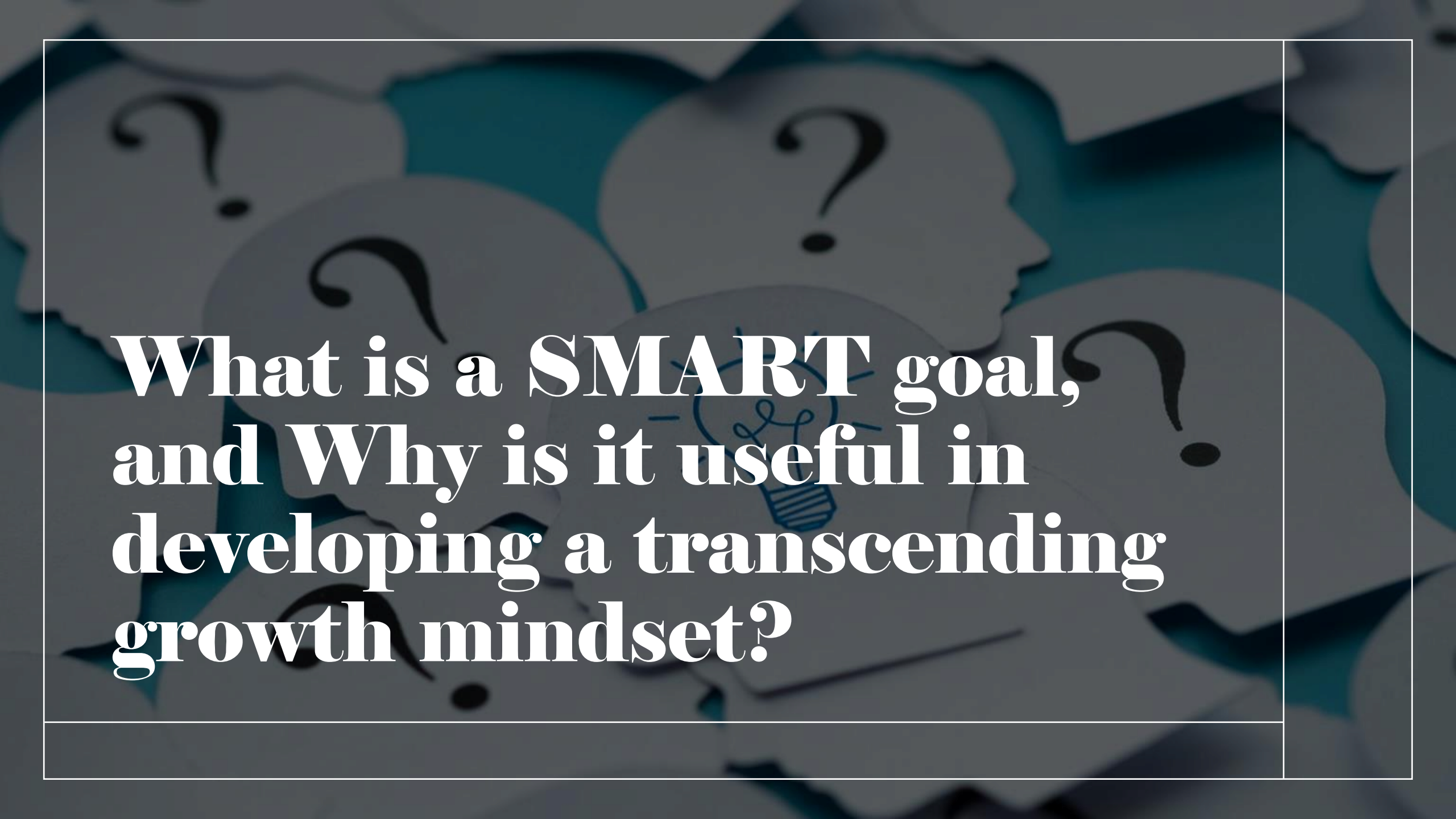






**What is the  
difference  
between a fixed  
mindset and a  
growth mindset?**



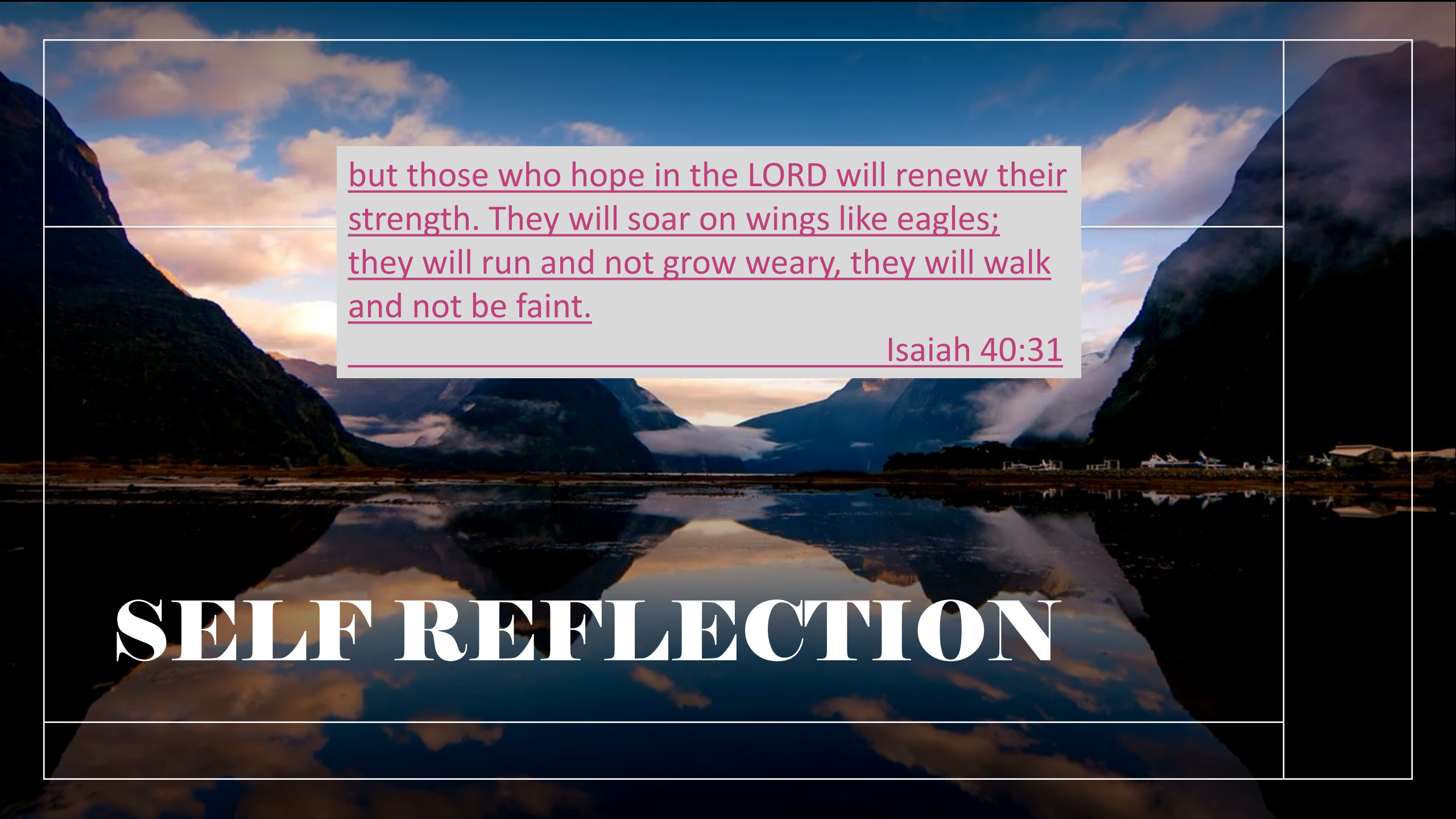
The background features a dark teal and grey color scheme. It includes several silhouettes of human heads in profile, some facing left and some right. Overlaid on these are large, stylized question marks. One of the question marks is integrated with a lightbulb icon, suggesting a connection between questioning and ideas. The overall aesthetic is modern and intellectual.

**What is a SMART goal,  
and Why is it useful in  
developing a transcending  
growth mindset?**



An abstract graphic featuring flowing, wavy bands of blue and teal colors that sweep across the frame from left to right. The background is a dark gray gradient, and the entire composition is framed by a thin white border.

**What are the  
benefits of  
developing a  
growth mindset?**

A scenic landscape photograph of a lake at sunset. The sky is a mix of blue and orange, with clouds catching the low light. The sun is partially visible on the left, creating a bright glow. The lake is calm, reflecting the sky and the surrounding dark, forested mountains. In the distance, a small village with white buildings is visible on the right side of the lake. The overall mood is peaceful and contemplative.

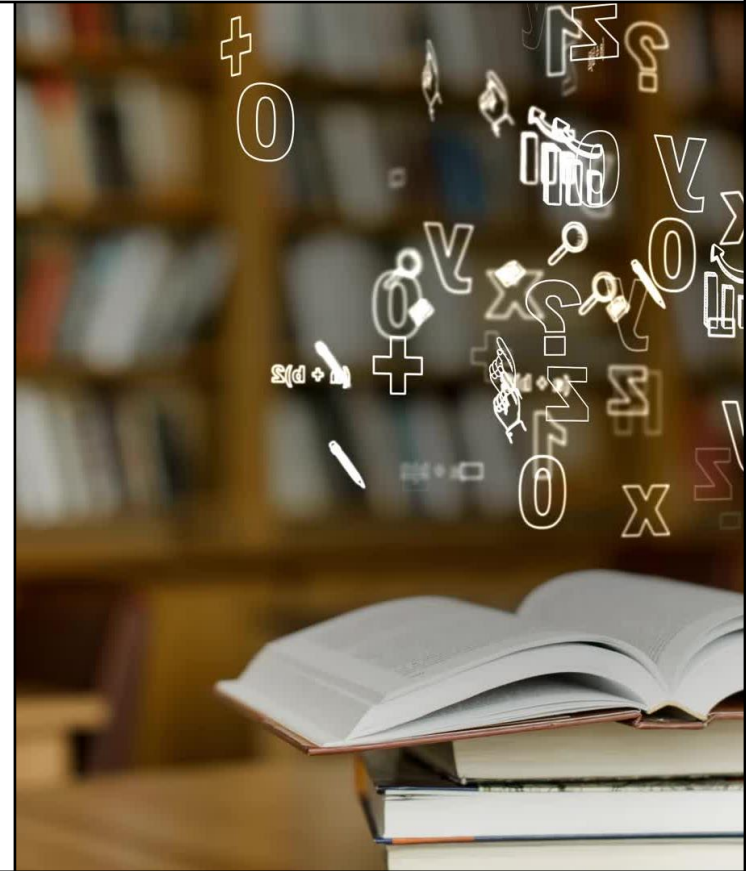
but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:31

# SELF REFLECTION

# Resources

- Book: "Mindset" by Carol Dweck
- TED talk Video: "The Power of Believing That You Can Improve" by Carol Dweck:  
[https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve?language=en](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en)





## Five Key Lay Objectives

- d. To encourage the laity to support the total program of the church in the local congregation, in the community, and throughout the Connection.
- e. To foster a systematic and regular study of the Doctrine and Discipline of the African Methodist Episcopal Church and parliamentary procedures, to the end that greater knowledge and information may be disseminated among the laity, and with the further purpose of encouraging lay members to participate more largely in the general functioning and supervision of the African Methodist Episcopal Church.
- g. To encourage development, recognition, and utilization of the most appropriate operational practices and modern technology in conducting the activities of the African Methodist Episcopal Church.
- h. To promote the spread of personal evangelism through activities designed to prepare lay members for appropriately conveying God's Word.
- k. To provide for orderly and systematic training of lay persons, especially officers, in order that they might more effectively perform their service responsibilities.