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This following infographic courtesy of Headway Capital (and created by NeoMam Studios) contains a viewpoint that's becoming increasingly common in the business world. I put my own commentary into a second post. When it comes to success, it's easy to think that people blessed with brains are inevitably going to leave the rest of us in the dust. But new research from Stanford University will change your mind -- and your attitude.Psychologist Carol Dweck has spent her entire career studying attitude and performance, and her latest study shows that your attitude is a better predictor of your success than your IQ.Dweck found that people's core attitudes fall into one of two categories: a fixed mindset or a growth mindset.With a fixed mindset, you believe you are who you are and you cannot change. This creates problems when you're challenged because anything that appears to be more than you can handle is bound to make you feel hopeless and overwhelmed.People with a growth mindset believe they can improve with effort. They outperform those with a fixed mindset, even when they have a lower IQ, because they embrace challenges, treating them as opportunities to learn something new.Common sense would suggest that having ability, like being smart, inspires confidence. It does, but only while the going is easy. The deciding factor in life is how you handle setbacks and challenges. People with a growth mindset welcome setbacks with open arms.According to Dweck, success in life is all about how you deal with failure. She describes the approach to failure of people with the growth mindset this way, "Failure is information -- we label it failure, but it's more like, "This didn't work, and I'm a problem solver, so I'll try something else."Regardless of which side of the chart you fall on, you can make changes and develop a growth mindset. What follows are some strategies that will fine-tune your mindset and help you make certain it's as growth oriented as possible.We all hit moments when we feel helpless. The test is how we react to that feeling. We can either learn from it and move forward or let it drag us down. There are countless successful people who would have never made it if they had succumbed to feelings of helplessness: Walt Disney was fired from the Kansas City Star because he "lacked imagination and had no good ideas"; Oprah Winfrey was fired from her job as a TV anchor in Baltimore for being "too emotionally invested in her stories"; Henry Ford had two failed car companies prior to succeeding with Ford; and Steven Spielberg was rejected by USC's Cinematic Arts School multiple times. Imagine what would have happened if any of these people had a fixed mindset. They would have succumbed to the rejection and given up hope. People with a growth mindset don't feel helpless because they know that in order to be successful, you need to be willing to fail hard and then bounce right back.Empowered people pursue their passions relentlessly. There's always going to be someone who's more naturally talented than you are, but what you lack in talent, you can make up for in passion. Empowered people's passion is what drives their unrelenting pursuit of excellence. Warren Buffet recommends finding your truest passions using, what he calls, the 5/25 technique: Write down the 25 things that you care about the most. Then, cross out the bottom 20. The remaining five are your true passions. Everything else is merely a distraction.It's not that people with a growth mindset are able to overcome their fears because they are braver than the rest of us; it's just that they know fear and anxiety are paralyzing emotions and the best way to overcome them is to take action. People with a growth mindset are empowered, and empowered people know there's no such thing as a truly perfect moment to move forward. So why wait for one? Taking action turns all your worry and concern about failure into positive, focused energy.Empowered people give it their all, even on their worst days. They're always pushing themselves to go the extra mile. One of Bruce Lee's pupils ran three miles every day with him. One day, they were about to hit the three-mile mark when Bruce said, "Let's do two more." His pupil was tired and said, "I'll die if I run two more." Bruce's response? "Then do it." His pupil became so angry that he finished the full five miles. Exhausted and furious, he confronted Bruce about his comment, and Bruce explained it this way: "Quit and you might as well be dead. If you always put limits on what you can do, physical or anything else, it'll spread over into the rest of your life. It'll spread into your work, into your morality, into your entire being. There are no limits. There are plateaus, but you must not stay there; you must go beyond them. If it kills you, it kills you. A man must constantly exceed his level."If you aren't getting a little bit better each day, then you're most likely getting a little worse -- and what kind of life is that?People with a growth mindset know they're going to fail from time to time, but they never let that keep them from expecting results. Expecting results keeps you motivated and feeds the cycle of empowerment. After all, if you don't think you're going to succeed, then why bother?Everyone encounters unanticipated adversity. People with an empowered, growth-oriented mindset embrace adversity as a means for improvement, as opposed to something that holds them back. When an unexpected situation challenges an empowered person, they flex until they get results.Complaining is an obvious sign of a fixed mindset. A growth mindset looks for opportunity in everything, so there's no room for complaints.By keeping track of how you respond to the little things, you can work every day to keep yourself on the right side of the chart above.Do you have a growth mindset? Please share your thoughts in the comments section below, as I learn just as much from you as you do from me. Our product picks are editor-tested, expert-approved. We may earn a commission through links on our site. 1 of 7 James R. Flynn, the famed IQ researcher and author of Are We Getting Smarter?: Rising IQ in the Twenty-First Century, made some unnerving observations not long ago. "In the last 100 years," he said, "the IQ scores of both men and women have risen, but women's have risen faster." You can grumble about how he's wrong and bicker with his reasoning, or you can do something about it. We've consulted with leading psychologists to find 6 simple steps to improve your IQ by a not-to-be-sniffed-at 17 points in just one week. (This article was originally published at Men's Health U.K.) 2 of 7 Play Games Fluid intelligence—the ability to solve novel problems—is a major part of every IQ test, and relates to your working memory. Susanne Jäggi, Ph.D. a professor at the University of California Irvine, used “dual n-back” games, in which the player is asked to remember a sequence of geometric shapes and sounds, to boost this factor. Her research discovered that playing 25 minutes every day will raise your IQ by an impressive 4 points.It takes: 25 minutesYou gain: +4 IQ points 3 of 7 Take Supplements Ingesting 5g of creatine a day can get your IQ stacked by no less than 15 points over a six-week period. Researchers gave volunteers this dose, testing their ability to spot missing items in grid patterns. “Creatine gave a significant boost to brain power,” says study leader Caroline Rae. It raises the energy levels available for computation in your brain. (You may have heard that Creatine Will Make You Go Insane, but that simply isn't true.)It takes: 1 minuteYou gain: +2 IQ points 4 of 7 Be a Social Gamer When it comes to improving your brain power, Scrabble is your friend. “Activities which involve a diverse range of skills, plus social interaction, are excellent options if you're aiming to enhance your IQ,” says MENSA's consultant psychologist Maria Leitner. You can get all the interaction by downloading a Scrabble app and playing head-to-head with a friend.It takes: 50 minutes You gain: +1 IQ points 5 of 7 Blast Some Bad Guys Not only do Video Games Relieve Work Stress, a recent study at the University of Rochester confirmed a link between first-person video games and enhanced visual awareness in the "real" world—a crucial building block for IQ. When having your IQ tested, the ability to take in visual cues accurately at speed is invaluable, explains clinical psychologist Dr. Anita Abrams. Yes, playing Call of Duty 4 is good for you.It takes: 60 minutes You gain: +2 IQ points 6 of 7 Pull on Your Trainers You already know about the Brain Benefits of Exercise, but you may not realize just how much it's boosting your IQ. A Swedish study proved cardiovascular fitness can raise your verbal intelligence by 50%. "Increased cardiovascular fitness was associated with better cognitive scores," says Maria Aberg, who led the study. "In contrast, muscular strength was only weakly associated with intelligence."It takes: 20 minutes You gain: +5 IQ points 7 of 7 Do Practice Tests Retaking IQ tests can actually raise your score by as many as two points. The "practice effect" is a proven technique that arms you with the skills to comprehend the next test. "If the interval is very short—for example, a few hours—then examinees are likely to recall the strategies that proved most successful," says educational psychologist Professor Alan S. Kaufman.It takes: 30 minutesYou gain: +2 IQ points Advertisement - Continue Reading Below Sure, you say you're managing your cholesterol, but how much do you really know? Take our 10-question Cholesterol IQ Quiz to test your knowledge—and then decide what you need to read up on.Sari N. Harrar, former health news editor at Prevention, is a freelance writer specializing in health, science, and medicine.Watch Next

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