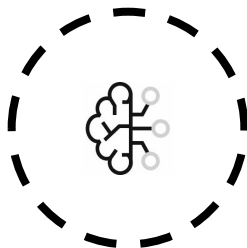


# The Beginner's Guide to Mindframing



“If you put your mind to it,  
you can accomplish  
anything.”

– Marty McFly, Back to the Future, 1985

Really?

Why do we struggle so much to accomplish our goals?

Why do we start many projects but only finish a few, if any?

Why do we spend so much time procrastinating instead of learning and creating?

92%

of people never achieve their New Year's goals.

mind frame noun

a mental attitude or outlook

e.g. *a positive mind frame.*

MIND-SET, FRAME OF MIND

Shaping your  
mind frames  
to achieve your goals

These three mind frames are essential to achieving your goals:



A diagram consisting of a large dashed rectangular border. Inside this border, there are three light gray rectangular boxes arranged horizontally. Each box contains text in a serif font. The first box on the left contains the text 'GROWTH MINDSET', the middle box contains 'METACOGNITION', and the third box on the right contains 'SELF-AUTHORSHIP'.

GROWTH MINDSET

METACOGNITION

SELF-AUTHORSHIP

## GROWTH MINDSET

The deep belief that growing happens through small, incremental steps, rather than big overnight victories.



## METACOGNITION

Your knowledge of what you know and don't know, as well as all the strategies you use for learning and problem-solving. "Thinking about thinking."

## SELF-AUTHORSHIP

The ability to define and express your own personal authority and to rely on your own internal voice to make decisions on a daily basis.

# How to set and achieve your goals

Let's use the PARI framework.

PACT

ACT

REACT

IMPACT

## PACT

Commit to regularly spend time working towards your goal.

💡 TIP: Your pact needs to be as flexible as possible. Do not get into the nitty-gritty.

✓ "I will code for a bit everyday."

✓ "I will write one article each week."

✓ "I will create one illustration per week."

✗ "I will study this specific Python tutorial on Udemy for 1 hour a day everyday."

## ACT

Just do the thing. The only thing you could do wrong is to do nothing.

💡 TIP: There is no small contribution towards your goal.

✓ Open a book and read one page? That's progress.

✓ Watch a video tutorial? That's awesome.

✓ Take notes at a conference? That counts too.

✗ Watch Netflix (except if it's for research purposes)

## REACT

Create, publish and share your own content based on what you learned.

💡 TIP: Use whatever format you feel most comfortable with.

✓ A blog post






✓ A short video

✓ A short podcast

✗ A single tweet (it's great to tweet about what you learn, but that doesn't count as high-value output)

## IMPACT

Work on a longer-term,  
bigger impact project.

-  TIP: To sustain your motivation, choose a project you feel passionate or highly curious about.
-  Build an application of your own
-  Write a series of longer essays
-  Create an original song
-  Apply a step-by-step tutorial.



## Overview of the PARI Framework

GROWTH MINDSET

METACOGNITION

SELF-AUTHORSHIP

PACT

ACT

REACT

IMPACT

Commit to regularly spend time working towards your goal.

Just do the thing. The only thing you could do wrong is to do nothing.

Create, publish and share your own content based on what you learned.

Work on a longer-term, bigger impact project.

Template

PACT: .....

	M	T	W	T	F	S	S	M	T	W	T	F	S	S
ACT 1: .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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ACT 2: .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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ACT 3: .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REACT: .....  
.....

IMPACT: .....



Good luck!

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