# **GROWTH MINDSET**



## FIXED MINDSET



### **Step By Step Self Help Mindset**

**Ranjot Singh Chahal** 

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and intuitive guidance with her own twist that is digestible and fun She teaches emotional and cognitive tools to help professionals create greater mental and physical wellness It is her personal mission to equip others with the wellness tools that were never taught in school Aditi loves to travel speak and teach around the world at in person and online events

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