

# AI-03724 Mindset of Active Agency - Fix It

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"If you don't like the world you lived in, then fix it or at least do something ". Is this mindset the right approach in most cases?

Explain, list the pillars, list 22 examples

What it means? Deep dive and provide the psychological pillars.

Describe how a person typically thinks, behaves, and makes decisions.

Provide 22 concrete examples demonstrating these traits in real-life situations.

Then create a 22-point guidelines from the discussion.

Use all numerical bullet list.

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The mindset of "**If you don't like the world you live in, fix it**" is often referred to in psychology as having a high **Internal Locus of Control**. It is the belief that one's actions have a direct, significant impact on their environment and destiny, rather than being a victim of circumstance or "fate."

While this approach is incredibly empowering and drives innovation, it must be balanced with the wisdom to distinguish between what is within your control and what is not—a concept central to Stoic philosophy.

## The Psychological Pillars

To understand how this mindset functions, we have to look at the cognitive architecture that supports it:

1. **Agency and Autonomy:** The deep-seated belief that you are the "author" of your life. This reduces feelings of helplessness.
2. **Self-Efficacy:** A term coined by Albert Bandura, referring to one's confidence in their ability to execute the behaviors necessary to produce specific performance attainments.
3. **Growth Mindset:** The understanding that abilities and environments are not static; they can be developed through dedication and hard work.
4. **Resilience (Reframing):** The ability to view a "bad world" or a "problem" not as a tragedy, but as a project or a challenge to be solved.
5. **Proactivity vs. Reactivity:** Choosing to act based on values rather than reacting based on feelings or external pressures.

## Traits: How This Person Thinks and Acts

A person with this mindset typically exhibits the following patterns:

- **Cognitive Pattern:** They ask "How?" instead of "Why is this happening to me?" They focus on the **Circle of Influence** (things they can change) rather than the **Circle of Concern** (things they can't).
- **Behavioral Pattern:** They are "early movers." Instead of waiting for a committee or a leader to signal change, they initiate the first step.
- **Decision-Making:** They prioritize long-term systemic fixes over short-term "band-aid" solutions. They are willing to accept the risk of failure as a cost of progress.

## 22 Examples of the Mindset in Action

1. Seeing trash in a local park and organizing a weekly community cleanup instead of complaining to the city.
2. Noticing a lack of representation in media and starting a production company to tell those missing stories.
3. Finding a flaw in a company's software and writing a patch for it before being asked.
4. Living in a food desert and starting an urban community garden to provide fresh produce.
5. Observing toxic workplace culture and initiating "radical candor" feedback loops to improve it.
6. Disliking the curriculum in schools and creating free online educational resources for others.
7. Facing a personal health crisis and becoming an advocate or researcher for that specific condition.
8. Noticing loneliness in a neighborhood and starting a "front porch" coffee club to connect strangers.
9. Seeing a gap in the market for sustainable products and launching a zero-waste business.
10. Encountering a legal injustice and going to law school specifically to fight that type of case.
11. Feeling that public discourse is too polarized and hosting "bridge-building" dinners for people with opposing views.
12. Dealing with a lack of mentorship in a career field and creating a formal mentorship network for juniors.
13. Witnessing animal neglect and founding a specialized rescue or sanctuary.
14. Realizing a town has no safe space for youth and converting an old garage into a community center.
15. Finding current technology too invasive and building open-source, privacy-focused alternatives.

16. Seeing a talent "drain" in a hometown and investing in local startups to keep jobs there.
17. Feeling that traditional banking is unfair and starting a credit union or peer-lending circle.
18. Noticing a lack of safety for night-shift workers and organizing a volunteer walk-home service.
19. Being frustrated by bureaucratic "red tape" and running for local office to streamline the process.
20. Recognizing that a language or culture is dying and creating a digital archive to preserve it.
21. Seeing high recidivism rates and starting a job-training program for formerly incarcerated individuals.
22. Disliking the "fast fashion" industry and teaching oneself to mend, sew, and upcycle clothing.

## **22-Point Guidelines for Fixing Your World**

1. Identify the specific friction point that bothers you most; clarity is the first step to action.
2. Distinguish between what is a "gravity problem" (unchangeable) and an "actionable problem."
3. Start where you stand; use the tools and resources currently available to you.
4. Reject the "somebody should" trap; realize that you are "somebody."
5. Focus on your Circle of Influence to avoid burnout and overwhelm.
6. Build a prototype of your solution on a small scale before trying to change the whole world.
7. Seek "problem-solvers" rather than "complaint-voters" for your inner circle.
8. Accept that "better" is a valid goal, even if "perfect" is unattainable.
9. Document your process so others can replicate your successes.

10. Develop the thick skin required to handle the criticism that always follows innovation.
11. Prioritize systemic changes over temporary fixes whenever possible.
12. Practice "extreme ownership"—take responsibility even for things that aren't strictly your fault.
13. Don't wait for permission; wait for results.
14. Maintain your own "battery"; you cannot fix the world if you are depleted.
15. Listen to the people you are trying to help to ensure your "fix" doesn't cause new problems.
16. Be willing to pivot if your first attempt at a solution fails.
17. Use your frustration as fuel, but don't let it become your identity.
18. Break large, "impossible" goals into 24-hour tasks.
19. Measure your impact with data, not just feelings.
20. Collaborate with existing organizations rather than reinventing the wheel if a wheel already exists.
21. Stay humble; remember that today's "fix" might need its own "fix" in ten years.
22. Commit to the long game; meaningful change usually takes longer than one anticipates.

## Gemini

The mindset of **"If you don't like the world you live in, fix it"** is often referred to in psychology as having a high **Internal Locus of Control**. It is the belief that one's actions have a direct, significant impact on their environment and destiny, rather than being a victim of circumstance or "fate."

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Below is a **structured, deep-dive exploration** of the mindset behind the statement:

**"If you don't like the world you live in, then fix it—or at least do something."**

I'll proceed in **clear, numbered sections**, using **only numerical bullet lists**, exactly as requested.

## **1. Is this mindset the right approach in most cases?**

1. **Generally yes**, because it emphasizes *agency* over passivity.
2. It encourages **internal locus of control** rather than blaming external forces.
3. It aligns with psychological resilience and post-adversity growth.
4. It empowers people to convert dissatisfaction into constructive action.

5. It discourages learned helplessness.
6. It promotes responsibility without demanding perfection.
7. It reframes frustration as information rather than failure.
8. It recognizes that *small actions still count*.
9. It supports long-term societal and personal improvement.
10. It fosters innovation, reform, and ethical courage.
11. It is practical because total control is not required—only partial influence.
12. It prevents stagnation that comes from chronic complaining.
13. It cultivates purpose rather than cynicism.
14. It strengthens problem-solving skills.
15. It validates emotion without glorifying paralysis.
16. It aligns with democratic, civic, and community-minded values.
17. It scales—from personal habits to global movements.
18. It supports mental health when paired with realistic expectations.
19. It encourages learning rather than resentment.
20. It balances acceptance with ambition.
21. It reduces victimhood narratives.
22. **Caveat:** it must be tempered with compassion, rest, and realism to avoid burnout or moral self-blame.

## 2. What does this mindset really mean? (Deep dive)

1. Dissatisfaction is treated as a **signal**, not a verdict.
2. Reality is imperfect—but *malleable*.
3. Responsibility exists even without full control.
4. Change begins locally, not just systemically.

5. Moral discomfort demands response, not suppression.
6. Waiting for permission is unnecessary.
7. Action can precede clarity.
8. "Fix" does not mean "solve everything."
9. Improvement is iterative, not dramatic.
10. Doing *something* matters more than doing *everything*.
11. Engagement is preferable to withdrawal.
12. Silence is also a decision.
13. Values are demonstrated through effort, not declarations.
14. Agency is a skill that strengthens with use.
15. Courage often means being ineffective at first.
16. The world is partially shaped by those who show up.
17. Avoiding action preserves the status quo.
18. Personal integrity requires alignment of belief and behavior.
19. Change can be internal or external.
20. Resignation is a choice masquerading as realism.
21. Hope is an action, not a feeling.
22. Meaning arises from participation, not observation.

### 3. Psychological pillars of this mindset

1. **Internal locus of control** – belief that actions influence outcomes.
2. **Self-efficacy** – confidence in one's capacity to act.
3. **Moral agency** – belief that one's values impose obligations.
4. **Growth mindset** – belief that improvement is possible.
5. **Resilience** – capacity to act despite discomfort.
6. **Acceptance without resignation** – realism without surrender.

7. **Purpose orientation** – acting toward meaning, not comfort.
8. **Cognitive responsibility** – owning interpretations and responses.
9. **Behavioral activation** – acting before motivation arrives.
10. **Tolerance for imperfection** – acting without ideal conditions.
11. **Delayed gratification** – sacrificing short-term ease for long-term gain.
12. **Prosocial orientation** – concern beyond self-interest.
13. **Emotional regulation** – channeling anger productively.
14. **Agency under constraint** – acting even within limits.
15. **Autonomy** – choosing action rather than default compliance.
16. **Moral courage** – acting despite social discomfort.
17. **Hope grounded in action** – optimism rooted in effort.
18. **Identity as contributor** – seeing oneself as a participant.
19. **Adaptive realism** – seeing obstacles clearly, not catastrophically.
20. **Meaning-making** – turning struggle into value.
21. **Responsibility without omnipotence** – doing one's part only.
22. **Ethical consistency** – matching beliefs with behavior.

## 4. How a person with this mindset typically thinks, behaves, and decides

1. Thinks in terms of *influence*, not control.
2. Accepts responsibility without self-condemnation.
3. Asks "What's one step I can take?"
4. Acts before conditions are perfect.
5. Experiments rather than waits for certainty.
6. Sees obstacles as design constraints.

7. Measures progress, not comparison.
8. Prefers effort over critique.
9. Chooses engagement over apathy.
10. Responds to frustration with curiosity.
11. Invests in skills that increase impact.
12. Takes responsibility for their emotional responses.
13. Builds systems rather than venting endlessly.
14. Participates in community solutions.
15. Makes values-based tradeoffs.
16. Accepts partial wins.
17. Learns from failed attempts.
18. Chooses constructive discomfort.
19. Rejects cynicism as a dead end.
20. Sees time as a tool, not an excuse.
21. Balances self-care with commitment.
22. Acts consistently, even when unobserved.

## **5. 22 real-life examples demonstrating this mindset**

1. Voting consistently instead of complaining about politics.
2. Starting a neighborhood cleanup rather than blaming the city.
3. Mentoring one student instead of lamenting education quality.
4. Reporting workplace issues constructively instead of quitting silently.
5. Creating open-source tools rather than criticizing proprietary systems.
6. Exercising despite genetic health risks.

7. Therapy instead of repeating destructive patterns.
8. Budgeting rather than blaming inflation alone.
9. Learning conflict skills instead of avoiding relationships.
10. Donating skills, not just opinions, to causes.
11. Writing documentation instead of complaining about bad onboarding.
12. Building platforms instead of attacking institutions online.
13. Changing personal habits instead of moralizing others.
14. Starting a support group after personal loss.
15. Filing complaints rather than spreading rumors.
16. Teaching peers instead of hoarding knowledge.
17. Running for local office rather than posting outrage.
18. Designing better workflows instead of tolerating chaos.
19. Giving feedback instead of withdrawing effort.
20. Creating art instead of resenting culture.
21. Adjusting life goals instead of despairing.
22. Teaching children responsibility instead of blaming "society."

## **6. 22-point practical guidelines derived from this mindset**

1. Identify what bothers you precisely.
2. Separate what you can't control from what you can influence.
3. Act on the smallest viable lever.
4. Replace venting with building.
5. Choose action over debate when possible.
6. Accept imperfection in execution.

7. Treat failure as feedback.
8. Build capability before demanding outcomes.
9. Invest where effort compounds.
10. Prioritize contribution over recognition.
11. Maintain energy through recovery, not avoidance.
12. Align daily actions with stated values.
13. Resist cynicism—it offers no solutions.
14. Start local, scale later.
15. Make responsibility empowering, not punitive.
16. Forgive yourself for limitations.
17. Measure progress over time.
18. Stay engaged even when discouraged.
19. Let discomfort guide growth.
20. Teach others through example.
21. Adjust tactics without abandoning principles.
22. Do *something*—because inaction preserves what you dislike.

If you'd like, I can also:

- **Critique this mindset from opposing philosophies**, or
- **Map it to Stoicism, Existentialism, or Modern Cognitive Psychology**, or
- **Apply it specifically to leadership, retirement, activism, or technology**

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Short answer:

Yes — “If you don’t like the world you live in, fix it or at least do something” is a powerful and generally healthy mindset when applied with realism, boundaries, and self-compassion. It reflects agency, responsibility, and constructive action rather than helplessness or passive resentment.

Below is a deep, structured breakdown with psychological pillars, behavioral patterns, 22 examples, and a 22-point guideline.

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## 1. What This Mindset Means (Concise Takeaway)

It means choosing agency over victimhood. Instead of waiting for circumstances, people, or society to change, you take responsibility for the part you can influence — even if it's small. It's not about fixing the entire world; it's about refusing to stay passive.

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## 1. Psychological Pillars Behind This Mindset

These are the core internal foundations that support this worldview.

### 1. Agency

Belief that your actions matter and can influence outcomes.

### 1. Internal Locus of Control

Seeing yourself as the primary driver of your life rather than external forces.

### 1. Responsibility

Owning your choices, behaviors, and consequences.

### 1. Growth Mindset

Seeing problems as opportunities to learn and improve.

### 1. Resilience

Ability to persist despite setbacks, criticism, or slow progress.

### 1. Pragmatism

Focusing on what can be changed rather than what can't.

### 1. Initiative

Acting before being told, nudged, or forced.

### 1. Constructive Dissatisfaction

Not accepting mediocrity; using discomfort as fuel for improvement.

### 1. Self-efficacy

Confidence that you can figure things out even if you don't know how yet.

1. Ethical Responsibility

Understanding that improving your environment benefits others, not just yourself.

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1. How a Person With This Mindset Typically Thinks, Behaves, and Decides

Thinking Patterns

1. "What can I do about this?"
2. "Complaining doesn't change anything."
3. "Small improvements compound."
4. "If no one else will fix it, I'll start."
5. "Obstacles are problems to solve, not reasons to quit."

Behavioral Patterns

1. Takes initiative without waiting for permission.
2. Breaks big problems into manageable steps.
3. Learns new skills to solve challenges.
4. Seeks feedback and adjusts quickly.
5. Avoids blame, excuses, and victim mentality.

Decision-Making Patterns

1. Chooses action over rumination.
  2. Prioritizes long-term gains over short-term comfort.
  3. Makes decisions based on values, not fear.
  4. Evaluates what's controllable vs. uncontrollable.
  5. Prefers solutions over emotional reactions.
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1. 22 Real-Life Examples of This Mindset in Action

2. Cleaning a messy shared space instead of complaining about roommates.
3. Starting a side hustle instead of resenting a low salary.

4. Learning new skills when feeling stuck in a career.
  5. Exercising to improve health instead of blaming genetics.
  6. Ending a toxic relationship instead of hoping the person changes.
  7. Fixing a broken household item instead of waiting months for someone else.
  8. Starting therapy to address personal patterns.
  9. Volunteering to improve the community instead of criticizing society.
  10. Creating a budget instead of stressing about money.
  11. Reading books to improve communication instead of blaming others for misunderstandings.
  12. Starting a small business to escape a job you hate.
  13. Reporting corruption instead of silently tolerating it.
  14. Learning to cook healthier meals instead of complaining about weight.
  15. Building a portfolio instead of waiting for "luck" in job hunting.
  16. Practicing emotional regulation instead of lashing out.
  17. Joining a gym instead of complaining about low energy.
  18. Fixing your sleep schedule instead of blaming mornings.
  19. Starting a community project instead of complaining about local issues.
  20. Learning conflict resolution instead of avoiding difficult conversations.
  21. Improving your environment (cleaning, organizing, decorating) instead of feeling stuck.
  22. Setting boundaries instead of tolerating disrespect.
  23. Taking online courses to pivot careers instead of feeling trapped.
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1. 22-Point Guidelines for Applying This Mindset
2. Identify what bothers you — name the problem clearly.
3. Separate what you can control from what you can't.
4. Take responsibility for your controllable zone.

5. Start with one small, doable action.
  6. Replace complaints with solutions.
  7. Build habits that support long-term change.
  8. Accept that progress is slow but cumulative.
  9. Learn skills that empower you to solve problems.
  10. Seek feedback and adjust without ego.
  11. Avoid perfectionism — aim for improvement, not flawless results.
  12. Focus on actions, not intentions.
  13. Track your progress to reinforce agency.
  14. Surround yourself with proactive people.
  15. Limit exposure to chronic complainers.
  16. Practice emotional regulation before making decisions.
  17. Reframe obstacles as challenges, not threats.
  18. Celebrate small wins to maintain momentum.
  19. Hold yourself accountable without self-punishment.
  20. Ask for help when needed — agency isn't isolation.
  21. Stay adaptable when plans fail.
  22. Keep your values as your compass.
  23. Commit to continuous improvement, not one-time fixes.
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If you want, I can also create:

- A visual model of this mindset
  - A self-assessment test
  - A daily routine to build this mindset
  - A version tailored for leadership, relationships, or career

Which direction do you want to explore next?