

Top 10 Ways to Develop a Growth Mindset

With a growth mindset you believe that there's no limit to what you can accomplish. *Having a growth mindset will help you achieve your goals and reach your potential!*

1. Use positive self-talk

Be kind to yourself. If the voice in your head is negative or critical, change the message. Use self-talk that's positive and encouraging.

2. Have a can-do attitude

Fear of failure holds so many people back in life. When you believe that you can do whatever you set your mind to, you open yourself up to exciting new experiences and growth.

3. Use the power of yet

When you feel frustrated because something isn't going well, adding the word *yet* reminds you to be patient and keep at it. *"I don't know how to do that...yet."*

4. Develop your interests and skills

Whether it's playing a sport or knitting a sweater, find out what brings you joy and spend time doing it. As you develop your skills and interests, you'll become a more accomplished, confident, and interesting person.

5. See challenges as opportunities

When you face a challenge, don't see it as a problem or obstacle, or as something that's too hard. Try to see each challenge as an opportunity to grow and improve yourself.

6. Learn from your mistakes

When you make mistakes, you can be upset with yourself and let your mistakes get you down, or you can accept that mistakes happen and figure out what you can do differently next time.

7. Don't give up

When something is hard, try your best to keep going. Perhaps try to do things a different way or ask for help. Most importantly, look inside and find your most determined self.

8. Be open to feedback

We all receive feedback from time to time that's tough to hear. Just remember that when feedback is provided by someone with your best interests in mind, it can help you grow.

9. Be open to change

Change can be scary, but it doesn't have to be. Look at change as a way to become a more adaptable, confident person.

10. Try new things

This is the time in your life to stretch your limits and expand your horizons. Have the courage to try new things and conquer new challenges. *For more on courage, watch this quick video.*

