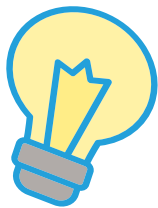


Growth Mindset



Sometimes your successes, failures, talents, and shortcomings are defined by how you look at them—and by the mindset you have.

If you have a growth mindset, you can turn the things you think you can't change into opportunities for growth and discovery!

Fixed Mindset vs. Growth Mindset

A fixed mindset is the belief that either you are or you aren't good at something. On the other hand, having a growth mindset means you believe that with effort, you can develop and improve your skills and abilities.

Fixed Mindset	Growth Mindset
If you aren't good at something right away, you probably just don't have a "knack" for it.	Anyone can be good at something as long as they practice and work hard at it.
It's better to stick with what you know so you don't fail.	Stepping out of your comfort zone helps you learn and grow.
Failure is something to fear.	Failure is an opportunity to learn.

Ways to Build a Growth Mindset

- ▶ Turn off the fixed mindset voice that tells you you're going to fail.
- ▶ If something doesn't turn out the way you want, instead of getting frustrated or giving up, think about how you can do it differently.
- ▶ Know the power of the word "yet."
 - I don't understand it...yet.
 - I don't know how to do that...yet.
 - I'm not good at this...yet.

Which Mindset do you think each of these statements indicate – Fixed or Growth?

Fixed **Growth**

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | No one in my family is good at that. |
| <input type="checkbox"/> | <input type="checkbox"/> | If I work at it, I think I can do it. |
| <input type="checkbox"/> | <input type="checkbox"/> | This is too hard for me. |
| <input type="checkbox"/> | <input type="checkbox"/> | I'd really like to get better at this. |
| <input type="checkbox"/> | <input type="checkbox"/> | I will never be able to do this. |
| <input type="checkbox"/> | <input type="checkbox"/> | My brain doesn't work that way. |
| <input type="checkbox"/> | <input type="checkbox"/> | I want to learn how to do that. |
| <input type="checkbox"/> | <input type="checkbox"/> | I'm not very good at it yet. |

See below for answers.

Which of the above statements sound like something you might think or say?

What is one area in your life where you have a Fixed Mindset?

What can you do to change your mindset so you can improve and grow in this area? Get help? Change your attitude? Spend time working on it?

Use the info on this video to help you build a growth mindset.



Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth, Growth