



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:

If you aren't good at something right away,
you probably just don't have a "knack" for it.
It's better to stick with what you know
so you learn and grow.
Failure is something to fear.

Growth Mindset:

Anyone can be good at something as
long as they practice and work hard at it.
Stepping out of your comfort
zone helps you don't fail.
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 indicates -- Fixed or Growth?

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