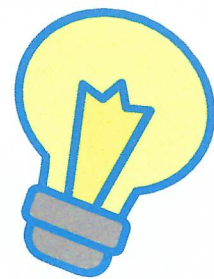


Growth Mindset



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.
- ▶ Understand 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

☐

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 this yet.

See below for answers.

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

Building a Growth Mindset in Your Life



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

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

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

Name _____

Having Self-Compassion

Self-compassion, unlike self-esteem, is more than accepting or even liking yourself. It means being kind to yourself and treating yourself with the same compassion and love you'd show to a best friend.

Rate your self-compassion

Yes No

- | | | |
|--------------------------|--------------------------|--|
| ☐ | ☐ | Do you avoid criticizing yourself when you make a mistake? |
| ☐ | ☐ | When you're stressed, do you take time to relax/recharge? |
| ☐ | ☐ | Do you accept that you're not perfect? |
| ☐ | ☐ | Are you patient with yourself when you're learning something new? |
| ☐ | ☐ | Do you treat your own feelings with the same patience and love with which you treat your best friend's feelings? |

Give yourself 1 point for every "Yes." Your score _____

4–5 points: You're taking good care of yourself. Keep it up!

2–3 points: Try to show yourself a little more compassion.

0–1 point: Go easier on yourself! Treat yourself more like you'd treat a friend or family member.

Write positive self-notes

In the squares below, write some kind, encouraging self-notes—words that will lift you up and make your day better. Get in the habit of doing this at home as well, using sticky notes that you can hang around your bedroom and bathroom.

Name _____

Challenging Negativity

Everyone falls victim to negative thinking from time to time, especially when the world seems stressful and chaotic.

For example, we have all done the following:

- ▶ anticipated the worst ("I know I won't make the soccer team.")
- ▶ blamed ourselves ("It's probably my fault he's upset.")
- ▶ fixated on the downside of things ("It's raining. Our plans are ruined.")

Regularly doing these things can create a pattern of negative thinking that can affect your mental health, and even your success in life.

So what's the key to challenging negativity and being more positive?

Know that while you don't always have control over the things that happen, you do have control over how you react to them—which means that you can choose to react to things in a positive way.

Challenge your negative thoughts

In the grid below, write four difficult or disappointing situations you've experienced. Then write down a negative and a positive way to think about each one. An example has been done for you.

Situation	Negative thinking	Positive thinking
I got a low grade on a test.	I'm not smart. I will never understand this stuff.	I started studying too late and had to cram. I'll start studying earlier next time.

Name _____

Practicing Mindfulness

Mindfulness is simply making the effort to notice things that you wouldn't normally pay attention to. When you aren't mindful, you're basically on auto-pilot, letting the chaos of the outside world and your own worries and fears guide your emotions.

You can practice mindfulness by "targeting" your attention. For example, when you're walking outside, pay attention to things you don't normally notice—the sounds you hear, the scenery, the smells, and the people and buildings you pass.

Try it!

Close your eyes and clear your mind. Take several deep breaths and focus on what is around you for one minute. Then answer the questions.

List three sounds you heard.

1. _____
2. _____
3. _____

List two things you smelled.

1. _____
2. _____

Now try it again, but this time focus on what is happening in your mind and body.

What did you notice about how you're feeling physically and mentally?

Mentally I feel _____

Physically I feel _____

What are some situations in your life when you think using mindfulness could be helpful and calming?

Improving Your Self-Esteem

Self-esteem is the perception of our own worth. It's how we feel about ourselves – positively or negatively.

When you have low self-esteem, it can feel like you're not good enough, or that you don't measure up—even though that's not true.

There are many things that make you valuable, amazing, and most importantly, you. Improving your self-esteem can help you see that!

Self-Esteem Survey

How strong is your self-esteem?

Yes

No

☐☐

1. Do you acknowledge both your strengths and weaknesses?

☐☐

2. Are you able to confidently say no when you don't want to do something?

☐☐

3. Do you accept feedback easily?

☐☐

4. Are you able to express your needs to others?

☐☐

5. Do you feel confident most of the time?

☐☐

6. Do your positive experiences outshine your negative ones?

☐☐

7. Do you have a positive outlook overall?

The more "Yes" boxes you checked, the better your self-esteem likely is.

If you checked several "No" boxes, or you'd just like to feel better about yourself, read on for some things you can do that may help.