

WHAT IS A GROWTH MINDSET?

GROWTH MINDSET is the belief that we can strengthen our intelligence, talents, and potential when we see challenges and failures as opportunities to grow.

LEARNING
HAS NO
LIMITS

BELIEVE
IN THE
POWER OF
"YET"

DON'T STOP
UNTIL YOU'RE
PROUD

EXAMPLES OF A GROWTH MINDSET:

MISTAKES
HELP THE
BRAIN GROW

I CAN ASK
FOR HELP
WHEN I
NEED IT

YOU CAN
DO HARD
THINGS!

How can I have a GROWTH MINDSET?

See mistakes as a learning opportunities

Reflect on mistakes you make to help you grow

Celebrate the effort it takes to learn something new

Know that talent comes from hard work

We always have the potential to learn and grow

REFLECT:

Let's help you grow your Growth Mindset!

Think about a time you persisted through a challenge or hard thing.

1. What was it that made you keep going?
2. What skills did you use?
3. What things did you tell yourself to stay positive?
4. Who helped you/who did you lean on?
5. What did it feel like getting through that frustration?
6. What does this experience tell you about yourself?

CHALLENGE:

**SHARE ABOUT THIS LEARNING
EXPERIENCE WITH SOMEONE YOU TRUST!**



GROWTH MINDSET PRACTICE

When you are having fixed mindset thoughts, such as "I can't," "I'm not good at this," "I give up," "I am going to mess up," or "This is too hard," try out this growth mindset activity:

