

DEVELOPING A GROWTH MINDSET

TAKING STEPS FORWARD

ADD "YET" TO YOUR VOCAB

Try adding phrases which show that there's the possibility of growth:

"I'm not competent *yet*."

"I don't know it well *yet*."



FOCUS ON YOUR EFFORT

Challenge yourself to consider "growth mindset" thoughts:

"Mistakes help me to learn."

"I will keep trying."



ASK NEW QUESTIONS

"What did I learn from that mistake?"

"How did I work hard today?"

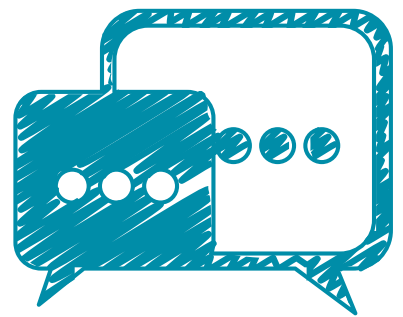
"Did I spend enough time on this?"

"How can I utilize someone else who knows this already?"



INVITE FEEDBACK

Feedback provides insight into our lives from another perspective. Use it as a springboard to move forward.



REMEMBER HOW YOU LEARNED IN THE PAST

Just like learning to play a sport or a musical instrument, it takes time to learn to do something well. Keep moving forward with patience! Change takes time.

