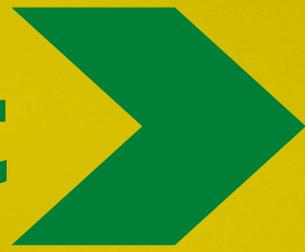


Growth Mindset



Individuals who believe their talents can be developed through hard work, good strategies, and input from others have a growth mindset. They tend to achieve more than those with a more fixed mindset or those who believe their talents are innate gifts.

Carol Dweck

In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I'm going to reveal my weaknesses, you say, wow, here's a chance to grow.



Growth Mindset Links:

- [15 Ways to Build a Growth Mindset](#)
- [Growth Mindset: What You Need to Know](#)
- [How Parents Can Instill a Growth Mindset at Home](#)

Growth Mindset Activities:

- [Famous Failures Activity](#)
- [Why I Can Do This Worksheet](#)
- [Which Mindset Do You Have Video](#)

MINDSETS

FIXED MINDSET

The belief that skills, intellect, and talents are set and unchangeable.



GROWTH MINDSET

The belief that skills, intellect, and talents can be developed through practice and perseverance.



I'll stick to what I know. Either I'm good at it or not.

DESIRES

I want to learn new things. I am eager to take risks.

It's fine the way it is. There is nothing to change.

SKILLS

Is this really my best work? What else can I improve?

This is a waste of time; there's a lot to figure out.

EFFORT

I know this will help me even though it is difficult.

It's easier to give up. I'm really not smart.

SETBACKS

I'll use another strategy; my mistakes help me learn.

This work is boring. No one likes to do it.

FEEDBACK

I recognize my weakness, and I know what to fix.

It's easy for him or her. They were born smart.

TALENTED PEERS

I wonder how they did it. Let me try to figure it out.