




Have the Belief You Can Improve

Having a growth mindset also means not only believing in yourself, but believing that you can improve.


Confront Fears: *Don't let a fear stop you. Take small steps and continue to move forward. Continue with a 'can do' attitude.*


Inner Strength: *Use your self-talk, think of previous victories to draw on your inner strength.*


Trust in Yourself: *Cast away the self-doubts and trust in yourself. Remind yourself frequently that you can do this.*

Your task:

Consider and describe a time when you were successful despite not thinking you would be. Describe in detail what helped you with this success. This can be about anything, sports related, hobby, social goal or academic. Be specific and explain how you managed to hold on to the belief that you could do it.