

# How to Use This Resource

1. Introduce what a Growth Mindset is and what it is not (*Fixed Mindset*).
2. Review the Strategies Regularly
3. Model it
4. Practice it
5. Repeat as Needed

1. Be selective about using the activities here.
2. Assess first using the self rating skills/checklists to determine the area of need.
3. This resource focuses on 7 areas/strategies to support a growth mindset. Note that everyone has elements of a fixed mindset and elements of a growth mindset.
4. Begin with an overview of what a growth mindset is and review of the strategies for enhancing a growth mindset.
5. Developing a growth mindset is a life-long commitment, commit to the journey as it is not a one time event.
6. The posters are there to serve as daily reminders.
7. Journaling helps to keep on a path for steady improvement.
8. Positive self-talk is essential but only the first step, it needs positive action steps as follow up.
9. A plan of action is a growing plan and should be updated regularly.
10. Understand that the brain is like a muscle, regular practice builds a growth mindset.

## **A growth mindset is one that:**

- confronts problems, challenges and obstacles
- learns from mistakes
- is resilient
- is persistent
- believes in themselves and uses positive self-talk
- believes ability improves with effort and practice
- learns from criticism and feedback