

# Growth Mindset Overview

**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

**Consider this:** What happens when you're watching something on TV that you don't like? You change the channel. Use this strategy when your self-talk is negative, change it! What you say to yourself is how you are feeding your brain and you don't want to feed your brain anything that is not helpful. For example, if you think, "I'm such a loser!" That is what you're feeding your brain to believe. Therefore, change the channel, by replacing that thought with a thought that feeds your brain in a positive and healthy way. It is a fact that having a growth mindset CAN be learned by practicing the strategies listed above, **BUT**, it requires practice over time and it's a life-long journey that requires 'stick with it'ness. Malcolm Gladwell states that it takes 10,000 hours to become an expert! Stick with it! Develop your growth mindset hourly and daily using the strategies listed. We all want to be successful, a growth mindset is the key tool.

**Some helpful strategies to start feeding your brain and moving to a growth mindset are:**

- Don't worry about what others think, focus on your own growth
- Focus on being a better person
- Take control of the negativity that goes on in your head and change it
- Follow growth mindset thoughts with actions (*effort, perseverance*)
- Increase your effort and persistence to overcome challenges and obstacles
- Make it a habit to learn from mistakes
- Use feedback not as criticism but for growth and improvement
- Believe in yourself
- Use setbacks to make comebacks
- Stretch yourself to learn new things – tackle the hard stuff!