

# Growth Mindsets

You are in charge of your self-talk and actions. In order to accomplish most things worthwhile, a growth mindset will help you. With a growth mindset, you will look at barriers, struggles, challenges and obstacles as something to overcome instead of something to give up or quit on. A growth mindset is having the belief that if you put forth a strong effort, determination and perseverance, you will overcome obstacles and challenges and reach your learning potential. Everyone can grow, learn and develop with a growth mindset. A growth mindset means, trying new things, persisting, not fearing making mistakes but instead using mistake as an opportunity to learn. Working through challenges are powerful learning opportunities. The language of a growth mindset includes but is not limited to:

- I can do this
- I don't know how to yet but I'm still learning
- I may need some help but I know I'll get it in time
- I can handle this and I won't give up
- Even if I fail, I will learn from it and will try again
- I work hard to achieve
- I won't fear change
- I won't quit
- Patience and effort sees me through
- I embrace challenges
- I believe in myself

## **Your task:**

*A growth mindset is a journey, not a one time event. What can you tell yourself and what actions do you need to do in order to improve your growth mindset? In all that you do, (social, physical, academic) where is a growth mindset needed most? Why?*