




# Try New Things and Take Risks in Learning

Having a growth mindset also means having the courage to try new things and take risks in learning. It means pushing yourself outside of your comfort zone regularly. It is hard to grow if risks are never taken and one stays within the comfort zone.

**Resilience:**  Taking risks also means being resilient, having the courage to try something new and also make a mistake/error or experience failure and learn from it.

**Courage:**  It takes courage to step outside your comfort zone to try something new and challenging. It also means encountering potential failure and managing it.

**Try hard things:**  When you try hard things, you are ready to take risks. Taking the easy route isn't as helpful for growth and learning. Jump in and try something hard.

## **Your task:**

Consider and describe a time when you didn't think you would be able to do something but tried anyway. How did you feel? Why were you afraid to try? What risks were involved? What was the outcome?