

# Try New Things & Take Risks in Learning

To enhance and improve your growth mindset, it is essential to take learning risks and tackle hard things. Leave the comfort zone and try something new even if it scares you a bit. Confront the fear, don't worry about failing or making errors, instead, have strategies to manage failure or mistakes. Growth mindsets means facing fears that hold you back from reaching your goals and potential. Consider this quote: *"Learn to fail or fail to learn."* –Tal Ben-Shahar

When you don't know how to do something like: *solve a math problem, fix something, swim, swing a golf club or solve a logic puzzle, the learning is likely to be more quickly when you take the risk and go for it. If you fail or make a mistake, the brain remembers that, and the mistake isn't made again. Your brain then works to continue to figure it out.*

*Athletes, actors, musicians, chess players, CEOs and performers have all taken risks along the way to improve and to reach their goals. Taking risks is often how new skills are learned. Taking risks also helps one to learn the strategies to work well under pressure.*

## **Your task:**

*Interview 3 individuals and ask them:*

*"What is something you never thought you could do but by taking a risk, you managed to do it?  
How did you accomplish it? How did it make you feel?"*