

Develop a Growth Mindset

Having a growth mindset is key when striving to succeed in life. Growth mindsets allow individuals to keep a positive outlook and to believe that through persistence anything is achievable. It involves believing that knowledge and mental abilities can be improved with practice and effort, setting oneself up for success as opposed to a fixed attitude of limited capabilities.

Asking yourself the following questions is an excellent place to start when trying to develop a growth mindset. Consider it like regular exercise for your brain - the more practice you put into it, the closer you'll get to developing an unshakable belief in your own potential.

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- Desires:** What are the new things you would like to learn? What is a risk you could take?
- Skills:** What can you improve about your current work? What skills can you develop that will enable you to produce better output?
- Effort:** Even though you may be facing challenges / difficulties, how can the adversity help you grow?
- Setback:** What can you learn from the mistakes you make?
- Talented Peers:** What can you learn from your talented friends/colleagues? How can they help you achieve your goals/dreams?

FIXED MINDSET

I'll stick to what I know.
Either I'm good or not.

It's fine the way it is.
Nothing to change.

This is a waste of time and
a lot to figure out.

It's easier to give up.
I'm not smart.

It's easy for them.
They were born smart.



DESIRES



SKILLS



EFFORT



SETBACK



TALENTED
PEERS



GROWTH MINDSET

I want to take risks and
learn new things.

Is this my best work?
What can I improve?

I know this will help me
even if it's difficult.

Mistakes help me learn.
I'll use a new strategy.

I wonder how they did it.
Let me figure it out.