

Growth Mindset

8 tips to help you build a Growth Mindset

01

Brain Facts Matter

- » Just like us, our brains can learn new skills and improve on other skills – this is called neuroplasticity.
- » Discover how your brain works and changes during a lifetime.

02

Keep Talking

- » Look around you. Who do you know that demonstrates a growth mindset? Think of someone in your circle of family & friends, or ...a celebrity or athlete you look up to.
- » Be vulnerable about how you're also learning and growing as an adult.

03

Know Where to Draw the Line

- » There's a difference between setting ambitious goals and creating too much pressure.
- » Since too much pressure can produce negative results, focus on the process rather than on the goal itself.
- » Be creative! Vision boards and bucket lists are great options.

04

Fail Quickly, Fail Often!

- » We all want the best outcomes, but expecting constant happiness isn't realistic.
- » Think of your progress, even when you fail or lose momentum, without putting too much focus on 'what went wrong'!
- » Address set-backs - and keep going!

05

Plan for Plan B

- » Brainstorm solutions with your Goal Buddy or accountability partner when things don't go as planned, instead of trying to 'fix' the problem.
- » Take time to understand what happened and ask for help to brainstorm some ideas to change the outcome.
- » Remember: plan B is something YOU should feel comfortable with, no one else!

06

Identify the Skills Gap

- » Reflection and problem-solving is a great way to identify where you may be lacking skills.
- » Use the power of "YET". "I can't / don't ___ YET, but if I ___ then I will be able to!"
- » Believe in yourself and be optimistic.

07

More Talking, Less Holding Back

- » Share your thoughts with a good listener that you can trust.
- » Ask them for their thoughts, suggestions, advice and solutions after sharing your ideas.
- » Ask them if they would be available next time you need to talk.

08

Reactions Snowball

- » Mirror your model of possibility! How would your idol react in this situation?
- » Overreacting to your mistakes or failures may lead to hesitation, caution, or mistrust in the future.
- » It can feel like a struggle to adopt a flexible growth mindset; keep working on it with someone you can trust and you will see the results!