

Embrace a Growth Mindset



CLICK BELOW TO CHOOSE A PATH:

Learn What It Is

- What is a **growth mindset**?
- Why is it important to have a growth mindset?

Assess

- Where are you now?
- Complete the **assessment**.

Build Your Skills

- What **strategies** and do/say **ideas** can help you embrace and strengthen your growth mindset?

Commit

- What **actions** will you commit to taking?
- What are key steps to success?

Why is a growth mindset so important to success?

[Click to watch a video from Psychologist Gemma Leigh Roberts](#)

CHOOSE A PATH:



Learn What It Is

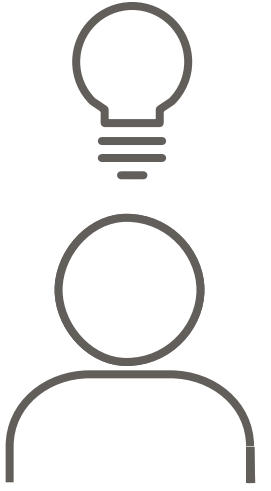
Assess

Build Your Skills

Commit

What is a growth mindset?


Why is it important to have a growth mindset?





Video

Growth Mindset vs. Fixed Mindset



Ted Talk

The Power of Believing that You can Improve




Article

The Importance of Mindset



Article

Your Mindset Matters: Instead Of Boxing Yourself In, Set Yourself Up For Growth



Video

The Power of Yet

CHOOSE A PATH:

Learn What It Is



Assess

Build Your Skills

Commit

Where are you now?

Complete the assessment.



Rate your skills in each key growth mindset behavior.

Growth Mindset Behavior

Skills

I strive to develop and improve my skills to increase performance.

Challenges

I embrace challenges.

Power of Yet

I say, "I can't do that, **yet.**"

Feedback

I actively seek and appreciate feedback.

Setbacks/Errors

I see errors as part of the learning process.
I bounce back from setbacks.

Success of Others

I'm inspired by and celebrate the success of others.

Growth Mindset

Fixed Mindset



	Strongly Agree	Agree	Disagree	Strongly Disagree
Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Challenges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power of Yet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Setbacks/Errors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Success of Others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you selected **GREEN** boxes for some behaviors, great! You are already using some growth mindset behaviors.

If you selected **ORANGE** boxes for some behaviors, those are opportunities to work on shifting to a growth mindset.

CHOOSE A PATH:

Learn What It Is

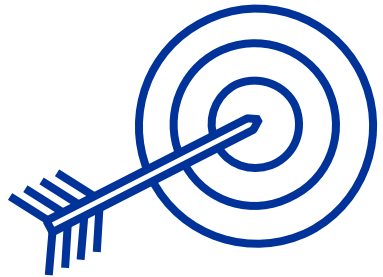
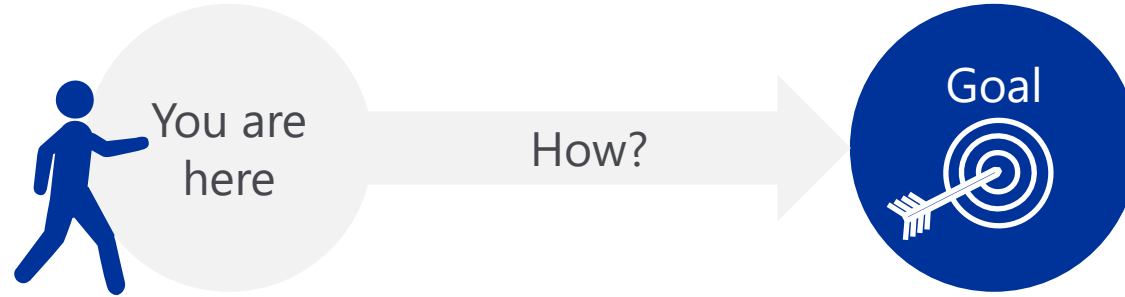
Assess

Build Your Skills

Commit



What strategies can help you embrace and strengthen your growth mindset?



Article

25 Ways to Develop a Growth Mindset



Article

How You Can Benefit By Asking More Questions



Article

Seven Essential Elements of a Lifelong-Learning Mindset



Do/Say Ideas

CHOOSE A PATH:

Learn What It Is

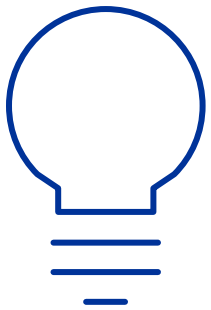
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What do/say ideas can help you embrace and strengthen your growth mindset?



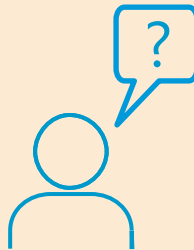
IDENTIFY

A new skill you'd like to develop.



SAY

"How can I do better next time?"



ASK

"What is one thing I should be doing more of? Less of?"



REFLECT

On your progress. What went well? What didn't go well? What will you do differently?



DO

Consciously seek to learn from new experiences and challenges.



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What actions will you commit to taking? Complete the action plan.

Two **BEHAVIORS** I will focus on:

Input fields for behaviors

Two **STRATEGIES** I will try:

Input fields for strategies

REFLECT: What does it look like when I perform these behaviors well?

Input fields for reflection

ACTION: What two actions will I take to embrace a growth mindset?

Input fields for actions

REVISIT: When will I revisit my progress? Add a reminder to my calendar.

Input fields for revisit date and reminder checkbox

Remember

Embracing a growth mindset is a continuous process.

