

Our Growth Mindset

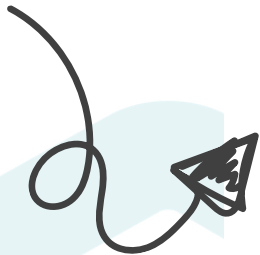
Watch this video



A **mindset** is our beliefs and how we think, and these beliefs influence how we behave, learn and grow. As discussed in the video, a growth mindset is a way of thinking that is based on the belief that we can enhance our intelligence and abilities. On the contrary, a fixed mindset believes that we can't improve our intelligence, skills and abilities.

We all shift between fixed and growth mindsets at different times and in different situations

Think of these statements



"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged" "I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

In which situations do you use the growth mindset?

In which situations do you use the fixed mindset?

Think of a challenge that you are currently facing; how can you look at this challenge as an opportunity? What can help you during this challenge?

Can you think of a statement that you say to yourself with a fixed mindset?
How can you replace it?

Example: I will never be able to get to know new people
Replaced with: I will try my best to get to know new people

Some Helpful Tips

Celebrate the progress

Mistakes are learning opportunities

Set goals for yourself

Ask for help when you need it

Find out more:

- [Growth Mindset Strategies](#)
- [Growth Mindset Feedback Tool](#)

“

Do not judge me by my successes, judge me by how many times I fell down and got up back up again (Nelson Mandela)

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