Cultivating a growth mindset

1. Lixed mindset

A growth mindset

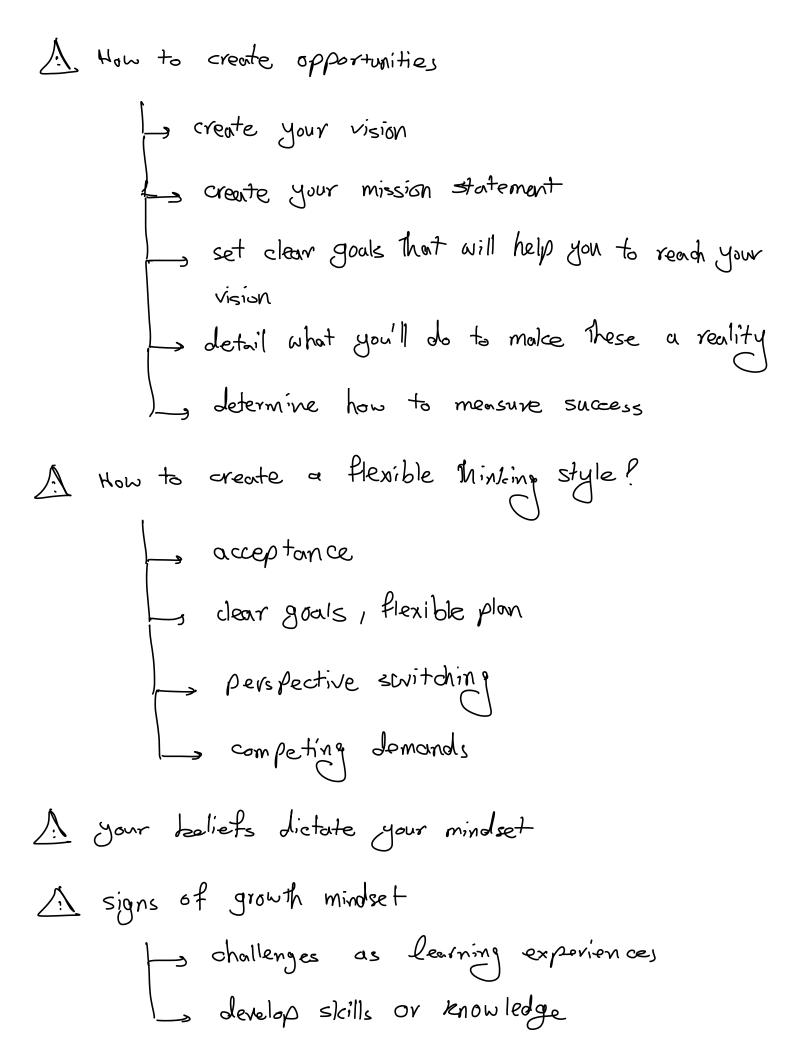
Lixed mindset believes that skills and abilities are lixed and won't change & develop over time

A growth mindset sees abstacles as apportunities

Success = talent + practice

L. rely only on talent is a trap

A How to enhance your performance in the future
po expand your knowledge
broaden your skills
test new approaches
-> review progress
-> review progress
1. How is experimental process
get clear on what you're testing set a review process
s consider how you can refine a process
s consider how you can refine a process plan how you'll repeat that review process
In what is optimistic and realistic approach
believe in your ability
stretch yourself believe in your ability use a systematic approach



1 reflection topies
- Purpose
purpose what you've learned
appreciating the journey
learning is about exploring and testing new ideas. It differs from studying
! How to consider your past
Lean you accept Poist events?
can you learn from the past?
can you learn from the past? can you accept past mistakes?
1 How to consider your Present
by do you plan how to develop a growth mirrorset? do you reflect on challenges? do you focus on the present?
Los do you focus on the Diesenta

A How to consider the future? Is how optimistic are you?

Is how good are you at setting goals?

Is do you believe you can learn new skills? A plan what you've going to do in 5-10 future years Le enjoy the journey, plan for challenges A Routine gives us a sense of control 1 Low to deal with changeable landscape s accept the change and any discomfort sunderstand where the discomfort comes from e chorse to be optimistic sock support -> communicate throughout the process