

A top-down view of several hands of different skin tones cupping dark brown soil. Small green seedlings with two leaves are growing out of the soil in some of the hands. The background is a gradient of orange and red.

Growth Mindset

YOUR INTELLIGENCE IS NOT A FIXED, STATIC, UNCHANGING THING!

YOUR SKILLSETS – CAN BE CHANGED!

Your outlook – moldable!

“But what if I fail?”

THAT PESKY VOICE HAS NO RIGHT!

WE WILL FAIL SOMETIMES – THAT’S WHAT HELPS US LEARN!

Learning helps us grow!

WE ARE CAPABLE OF GROWTH – ALWAYS!

YOU CAN DO IT! SO JUST DO IT!

Growth Mindset a concept developed by American Psychologist Carol Dweck, which – in a nutshell – is the belief that skills and intelligence are not ‘fixed’ or assigned at birth, as many people think. Dweck proposes **that with effort and persistence, intelligence and skills can be improved!** People with a growth mindset are willing to embrace difficulties, stay strong, and take on the risk of “failure” as they see it as an opportunity to learn and grow.

How can you shift your outlook to a growth mindset?

- **Understand that it is okay to “fail”:** not everything is going to go well all of the time – that’s okay!
- **Set several smaller, achievable goals:** having just one overwhelmingly large ambition or goal is going to seem daunting. When we split up our larger ambitions into more manageable goals, things will start to seem like we can actually get to where we want to be!
- **Prioritise the important things:** life throws us lots of things that try to steal our attention or bog us down. It’s important to prioritise the most urgent and important tasks at hand.
- **Learn to identify what distracts us, and how things are built to distract us:** we all have some habits that take our focus elsewhere, and several of those things are built to inject dopamine to keep us engaged and distracted. Learning to identify what those distractions are, and reminding ourselves *that they are distractions* can help us put time into our true goals.
- **Develop healthy habits:** we can use the power of habits to build a healthy routine that can help us reach our goals and achieve what we want.
- **Find people who are willing to support your growth:** but also remember to support others in their growth as well!
- **Remember to rest from time to time:** it’s okay to take a break, and to come back to something refreshed and ready to take on again.
- **Remember not to focus on the results, but to focus on what you learned and what you took away.**

Change **is possible**, and you can **always grow** if you are **willing to learn**. You can do this! We learn not just for school, but for life!