**Growth Mindset-Task**

"Vision is not enough. It must be combined with venture. It is not enough to stare up the steps; we must also step up the stairs." -- Vaclav Havel

***What to Learn***

* How to recognize the mindset that is guiding your life/work; to understand how it works, and to change it for your growth.

***Learning Task***

Go through the reading material before undertaking the task.

Fill in the two-column table on the beliefs and behaviours of your growth mindset and how it compares to a fixed mindset. List specific areas of your career life, where you have showcased either.

**Note: You can have a fixed mindset in one domain and a growth mindset in another - they aren’t necessarily black and white concepts.**

You may use this table as a reference to help you recognize when you have a fixed mindset and to give you ideas on the methods that will help you shift towards a growth mindset.

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| **Growth Mindset** | **Fixed Mindset** |
| E.g I am doing an online course on basics of analytics so that I learn how to use numbers at my job. | I do not have a math brain so I will not learn how to work with numbers. |

Now that you have identified areas where you feel you showcase a fixed mindset, it is time for you to show the strategies you will use to shift to a growth mindset. Fill in with relevant information.

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| **The area with a Fixed Mindset** | **Strategy to Use** | **Evaluation Progress** |
| I do not have a math brain | -Connect with Linnet who loves numbers  -Do some fun number games on the phone  -Do online exercises | -Linnet to keep me accountable.  -Get above 50% in the exercises |
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All the best!