

ADOPTING A GROWTH MINDSET

People with a growth mindset believe that **abilities can be developed**



They believe that they are **not defined by their current abilities**, and focus on improving themselves

They also see challenges as opportunities to learn and grow, rather than a reflection of their inadequacies as a person.

FIXED MINDSET

"I'm just not talented at this, trying would not change anything"

As such, **they are resilient and persevere through difficult times.**

GROWTH MINDSET

"This is difficult for me, but I can learn and get better at it"

A GROWTH MINDSET CAN BE CULTIVATED
...and believing in that itself is the first step!

TIP 1: "NOT YET"

When faced with failures, remind yourself that **you have just yet to master the task**, and that **you can grow with perseverance.**



TIP 2: BE KIND TO YOURSELF

Everyone grows at a different pace. **Be patient with yourself** and **celebrate your progress.**

Reflect



Read more



Watch a video

