

# The Path of Becoming

**“Therefore I would that ye should be perfect even as I,  
or your Father who is in heaven is perfect.”**

**3 NEPHI 12:48**

**“Jesus increased in wisdom and stature, and in favour  
with God and man.”**

**LUKE 2:52**

"I urge you to examine your life. Determine where you are and what you need to do to be the kind of person you want to be. Create inspiring, noble, and righteous goals that fire your imagination and create excitement in your heart. And then keep your eye on them. Work consistently towards achieving them."



**Joseph B. Wirthlin** | Life's Lessons Learned,  
May 2007 Ensign

# Growth Mindset

“In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” (Dweck, 2015)

# Motivation

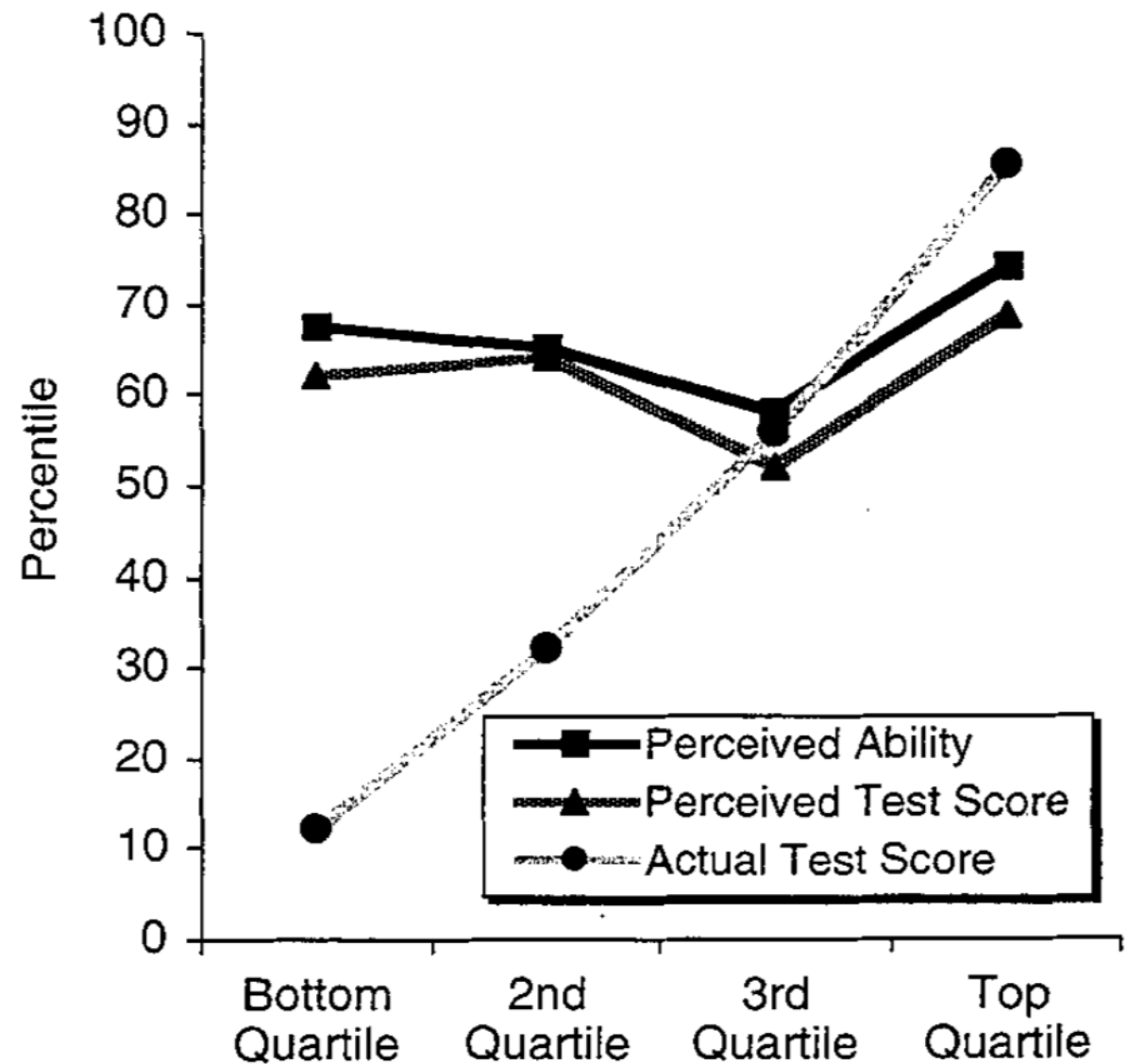
**Extrinsic motivation** doesn't always have to be another person, but it is some outside demand, obligation, or reward that requires the achievement of a particular goal.

**Intrinsic motivation**, however, is an internal form of motivation. You strive towards a goal for personal satisfaction or accomplishment.

# Metacognition/Reflection





“You don’t learn from experience, you learn from reflecting on experience”

(Dewey, 1905)





# Growth Mindset

FIXED MINDSET		GROWTH MINDSET
BELIEVE SKILLS AND KNOWLEDGE ARE SET		BELIEVE SKILLS & KNOWLEDGE CAN BE DEVELOPED
FOCUSED ON BEING GOOD AT WHAT THEY DO		FOCUSED ON GETTING BETTER AT WHAT THEY DO
REFRAIN FROM CHALLENGE - IT WILL BERING OUT THEIR WEAKNESSES		INVITE CHALLENGE AS A MEANS TO LEARN/DEVELOP
COMPETING WITH OTHERS		COMPETING WITH YOURSELF



# Growth Mindset

Instead of saying this...

You are so athletic!

You are really smart!

You are such a good artist.

You're a great athlete. You could be the next Pelé.

You always get good grades; that makes me happy.

Say this.

You really work hard and pay attention when you are on the field.

You work hard in school and it shows.

I can see you have been practicing your drawing. What a great improvement!

Keep practicing and you will see great results.

When you put forth effort, your grades show it. You should be so proud of yourself. I am proud of you!

“We will always struggle, but that is the test. It's the choice to keep fighting that makes us who we are.”

“Keep failing. Keep getting back up. That is the only way to succeed. Let go of what you fear to lose and rise up.”

“Success is a journey, not a destination. The doing is often more important than the outcome.”



# GOSPEL

## ~~Youth Program~~

### Purpose:

Heavenly Father has given you talents and spiritual gifts. You can seek revelation to know how to develop your talents, become more like Jesus Christ, and make yourself, other people, and even the world better.

# Four Areas of Focus



## SPIRITUAL

Jesus increased in “favour with God.” You can grow spiritually by showing your love for God and your willingness to live the gospel.

## SOCIAL

Jesus grew in “favour with . . . man.” You can grow socially by showing love to all people.

## INTELLECTUAL

Jesus grew in “wisdom.” You can study in school, learn new skills, and improve your talents.

## PHYSICAL

Jesus grew in “stature.” You can learn to work and take care of your body, your mental health, and God’s creations.

# Pattern For Growth



**Discover** what you need to work on.

**Plan** how you will do it.

**Act** on your plan in faith.

**Reflect** on what you have learned.

Pass on what you have learned. Strength. Mastery.  
But weakness, folly, failure also. Yes, failure most of  
all. The greatest teacher, failure is. ...we are what  
they grow beyond. That is the true burden of all  
[parents, leaders, mentors].

"May I invite you to rise to the great potential within you. But don't reach beyond your capacity. Don't set goals beyond your capacity to achieve. Don't feel guilty or dwell on thoughts of failure. Don't compare yourself with others. Do the best you can, and the Lord will provide the rest. Have faith and confidence in Him, and you will see miracles happen in your life and the lives of your loved ones."



**Dieter F. Uchtdorf** | September 2009 Liahona