

WHAT IS A GROWTH MINDSET?

A **GROWTH MINDSET** is the belief that we can learn anything that we want by going through challenges and failure, both of which help us grow. A **growth mindset** explains that our intelligence, talents, and potential can be developed through seeing challenges and failure as essential ingredients to help us grow and learn. Reflecting on the things we experience and mistakes we make helps our brains grow.

This is opposite of fixed mindset, or the belief that you're simply either good at something or you aren't. It is the belief that the things that challenge us and the mistakes we make are character defects, rather than areas for growth.

Learning has no limits

Believe in the power of YET

Don't stop until you're proud

EXAMPLES OF A GROWTH MINDSET:

Mistakes help the brain grow

I can ask for help when I need it

You can do hard things!

REFLECT:

LET'S HELP YOU GROW YOUR GROWTH MINDSET!

Think about a time you persisted through a challenge or a hard thing:

1. What was it that made you keep going?

2. What skills did you use?

3. What things did you tell yourself to stay positive?

4. Who helped you/who did you lean on?

5. What did it feel like getting through that frustration?

6. What does this experience tell you about yourself?

CHALLENGE:

SHARE ABOUT THIS LEARNING EXPERIENCE WITH SOMEONE YOU TRUST.



This handout is a partnership between the La Crosse Area Family YMCA and Better Together.

GROWTH MINDSET PRACTICE

When you are having fixed mindset thoughts, such as "I can't," "I'm not good at this," "I give up," "I am going to mess up," or "This is too hard," try using these helpful reminders:

