

GROWTH

MINDSET



GROWTH mindset

The belief that your abilities and intelligence can be developed and improved through effort and dedication.



benefits

IMPROVED ABILITY
TO **HANDLE STRESS**

INCREASED **MOTIVATION**

INCREASED
SELF-ESTEEM

POSITIVE LEARNING
ATTITUDE

IMPROVED **RISK-TAKING**

IMPROVED **LOVE**
OF LEARNING

IMPROVED **PROBLEM**
SOLVING SKILLS

BETTER **PERFORMANCE**

GREATER **ENGAGEMENT**

IMPROVED
RESILIENCE

what it looks like

- Embracing challenges
- Reframing mistakes as learning opportunities
- Seeking feedback
- Being persistent
- Being open to new ideas
- Celebrating successes
- Taking responsibility for learning
- Being resilient



Learning takes time!





How to Get Out of Your Comfort Zone

1. Set a Goal

Taking action is the most important part of getting out of your comfort zone. Once you start taking steps towards your goal, you'll find it becomes easier and more enjoyable.

2. Make a plan

Making a plan is key to achieving your goal. Breaking down your goal into smaller steps will make it feel more manageable and less daunting.

3. Take Action

Taking action is the most important part of getting out of your comfort zone. Once you start taking steps towards your goal, you'll find it becomes easier and more enjoyable.

4. Be Persistent

Don't give up if you don't achieve your goal right away. Be persistent and keep working towards it.

GROWTH MINDSET

The driver behind a learner's motivation and achievement

FIXED MINDSET

GROWTH MINDSET

I already know it all

I want to learn

I give up easily

I welcome and learn from feedback

I ignore useful feedback

I learn from others

I can't change how smart I was born

I can train my brain

I don't need to practice

I can work hard to get better at something

I'll never be good at this

I will keep trying

Mistakes are bad so I avoid them

Mistakes are learning opportunities

I avoid things that require effort

I want to be challenged



5 Ways of Thinking That Will Improve Your Life



01

A Growth Mindset

Believe that you can grow and develop with effort, practice, and learning.



02

A Positive Mindset

Focus on the good things in your life and work to turn negative thinking into positive thinking.



03

An Open Mindset

Strive to remain open-minded by considering different perspectives and challenging your own beliefs.



04

A Creative Mindset

Looking at problems from a different perspective can often lead to innovative solutions.



05

A Confident Mindset

Developing a confident mindset will help you take on challenges with courage and enthusiasm.



KEEP ON
growing

