

Growth Mindset

A person's mindset can go a long way in determining success. Helping our kids at a young age to develop a growth mindset will prepare them for challenges that inevitably lie ahead. The key idea behind growth mindset is that talents and abilities can be developed through effort and dedication - brains and talent are just a starting point. Growth mindset is essential when faced with difficult tasks, obstacles in life or when putting habit 2 into action and beginning with the end in mind.

One way to help children develop a growth mindset is by helping them to reframe their thinking. The included chart gives examples of fixed mindset vs growth mindset statements. Have a conversation with your child about growth mindset thinking and using self-talk when fixed mindset phrases enter his or her mind.

The following website is a great resource to learn more about growth mindset and what you can do as a parent to support your child's growth mindset development:

www.mindsetworks.com/parents

<http://nymag.com/news/features/27840/> - This article is titled "How Not to Talk to Your Kids", focusing on a key concept of growth mindset - praising effort as opposed to intelligence or "being smart."

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

