



## GROWTH MINDSET



With a growth mindset, you...

<b>Beliefs</b>	Understand that skills, intelligence, and talent can be developed
<b>Challenges</b>	Seek challenges and the opportunities they provide to learn and grow
<b>Effort</b>	Persist in the face of challenges, believing effort helps you develop new skills and is the pathway to mastery
<b>Mistakes</b>	View mistakes and failures as opportunities to learn
<b>Mistakes</b>	Reflect on setbacks and use them as lessons
<b>Feedback</b>	Appreciate feedback as something useful to learn from
<b>Success of Others</b>	Find inspiration and lessons in the success of others

All of these things open up increased feelings of free will and agency in your own future.

