

15 WAYS TO CREATE A GROWTH MINDSET

ACTION:

1. Read through the 15 ways to create a growth mindset.
2. For each one, think of examples of when this has happened in the past, when/where you do this already, and what's currently missing.
3. Jot down ideas of how you could incorporate these growth mindset behaviours into your every day life.

TOOLS & RESOURCES

-01-

KNOW YOUR WHY

Discover your purpose

-02-

FIND EXAMPLES OF OTHER PEOPLE WITH A GROWTH MINDSET

friends, family, colleagues, are all great places to start. Be inspired by people around you. Also check out [famous people with growth mindsets](#)

-03-

REDEFINE WHAT FAILURE MEANS TO YOU

acknowledge and embrace imperfection. Ask yourself “what would I do differently next time?”

-04-

SET REALISTIC GOALS

Don't set unachievable, woolly goals that you have no chance of reaching. You don't want them to be so easy you don't need to put any effort in, but not so difficult it puts you off even trying.

-05-

NOTICE HOW YOU TALK TO YOURSELF

Replace negative self talk and negative thoughts, with positive language and thinking. Replace judgement with acceptance

-06-

SET NEW CHALLENGES

Try new things, be curious not afraid, remember there's also excitement at the end of new...

-07-

STOP SEEKING APPROVAL FROM OTHERS

Start patting yourself on the back, giving yourself the self love, big up and cheerleading effort that you'd give others

-08-

CELEBRATE BIG AND SMALL SUCCESS

Reward your effort not just the end result

-09-

NOTICE OTHERS' ACCOMPLISHMENTS

Celebrate them, learn from them, positive reactions

-10-

ADD 'YET' TO YOUR VOCABULARY

When you speak add YET, e.g. I can't do this (YET), I'm not good enough (YET)

-11-

VALUE THE JOURNEY

It's the process, the journey, that counts, not the end destination

-12-

PUT EMPHASIS ON GROWTH OVER SPEED

Put effort into the process and you'll get the end results you're looking for anyway

-13-

REFLECT OFTEN

How far have you come? What have you learned? What do you need to do differently? Be curious, open and honest with yourself

-14-

LEARN FROM OTHERS (AND THE MISTAKES THAT THEY MAKE)

And learn to turn criticism around and see it as an opportunity to make something better/ improve something

-15-

TAKE OWNERSHIP

Own your attitude and be authentic

