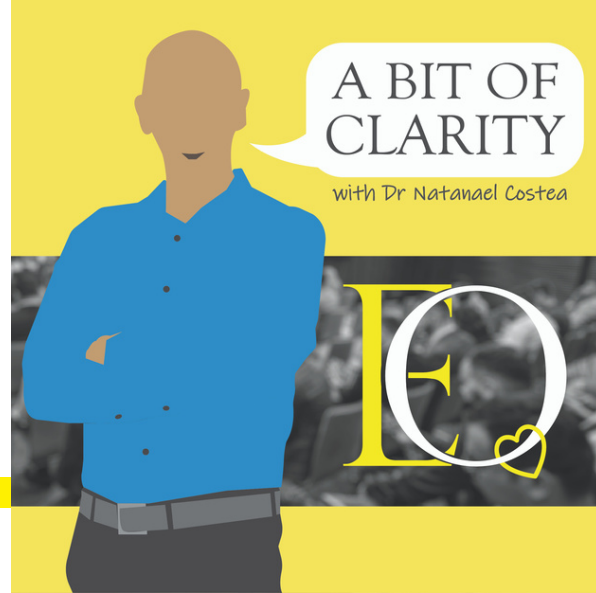


EP 008

GROWTH MINDSET



SHOW NOTES

OBJECTIVE

> Develop an understanding of a growth mindset.

UNDERSTANDING A GROWTH MINDSET

> **A growth mindset**, proposed by Stanford professor Carol Dweck in her book 'Mindset,' describes people who believe that their success depends on **time** and **effort**. People with a growth mindset feel their skills and intelligence **can be improved** with **effort** and **persistence**. They embrace challenges, persist through obstacles, learn from criticism and seek out inspiration in others' success. The opposite is a **fixed mindset** which describes people who see their qualities as **fixed traits that cannot change**. With a fixed mindset, **talent** is enough to lead to **success**, and effort to improve these talents isn't required: the skills and intelligence born with that cannot be improved upon.

CHARACTERISTICS OF A GROWTH MINDSET

1. Failure is an opportunity **to grow**.
2. I can learn **anything I want**.
3. Challenges **help me grow**.
4. My effort and attitude **determine my abilities**.
5. Frustration is normal and it means **I am persevering**.
6. Feedback **is constructive**.
7. I am inspired by the success of others and **I can learn from them**.
8. I like **to try new things**.
9. Success **is trying** - failure is giving up.
10. Consider others **affected by my emotions**.

EMPOWERING VOCABULARY

> I cannot - I will not; It's not my fault - I'm totally responsible; It's a problem - It's an opportunity; I am never satisfied - I want to learn & grow; Life's a struggle - Life's an adventure; If only - Next time; It's terrible - It's a learning experience.

APPLICATION

> Become active in your awareness of your mindset and keep a journal of the shifts from a fixed to a growth mindset.

RESOURCES

- > More from Dr Natanael Costea: www.eq.org.au
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