

# How do I create a growth mindset?

## 1. Learn, learn, learn

- Stop saying 'I can't'. Say- 'I can't...yet!'
- Don't shy away from difficult tasks
- Focus on effort, struggle & persistence
- Focus on learning and improving, not grades
- Practice your skills and embrace new ones
- Learn a foreign language, try public speaking, learn a new sport

## 2. Understand hard work is the key

- Seek challenges
- Work hard
- Understand however good you are, there is always room for improvement
- Put a lot of effort in to the learning process
- Set goals and adjust as needed
- Celebrate your successes, big and small

## 3. Face setbacks

- Keep trying new things to assist in learning new strategies
- Reflect and focus on strategies that have worked, and haven't
- Focus on selftalk –Say to yourself 'I cant...yet'
- Embrace feedback and make changes as necessary
- Find inspiration in others-read stories of famous peoples' setbacks and how they persisted through these to achieve great things