

What's Your Mindset?

Do you have a fixed or growth mindset?

Your mindset is key in all that you do!

CHARACTERISTICS

FIXED SAYS...

- I HATE CHALLENGES
- FEELS ABILITIES DETERMINE EVERYTHING
- THINKS EFFORT IS WHAT YOU DO WHEN YOU'RE NOT THAT GOOD

CHARACTERISTICS

GROWTH SAYS...

- FAILURE IS A VALUABLE LESSON
- PERSEVERES AND EMBRACES CHALLENGES
- THINKS EFFORT HELPS ME TO LEARN ANYTHING I WANT

WHAT'S NEXT?

DEVELOP A GROWTH MINDSET!

- FIND SOMEONE TO PUSH YOU OUTSIDE OF YOUR COMFORT ZONE
- ACKNOWLEDGE EVEN THE SMALLEST EFFORTS/STEPS OF CHANGE
- DETERMINE NEXT STEPS. THINK "WHAT CAN I DO DIFFERENTLY NEXT TIME?"