

# Developing Your Growth Mindset

## What to Know

Having a growth mindset means that when you make mistakes or mess up, you can stay positive, keep going, and try to improve. You believe in yourself, and you know you can be successful! You remember that it's OK to be wrong, and you keep trying to solve a hard problem even if you're not sure about the best solution. You're willing to try out new ideas and creative ways to solve your problems.

The opposite of growth mindset is "fixed mindset." If you have a fixed mindset, you might think you can't get better no matter how hard you try. You might feel like a failure or a loser when you make mistakes or mess up. You might think things like, "I'm no good at this. Why bother even trying?" You probably think your skills won't improve no matter what you do.

This exercise will help you develop your growth mindset by nurturing the flowers on the next page with positive statements you can use when you make mistakes and face challenging situations.

## What to Do

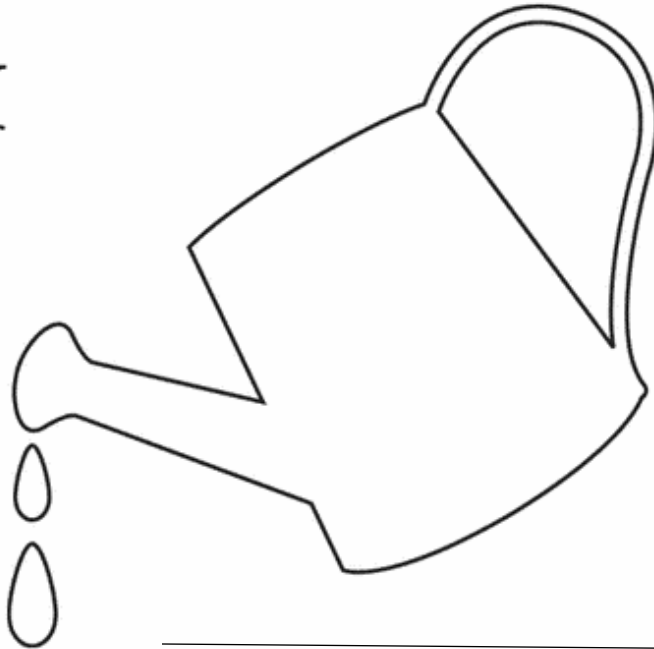
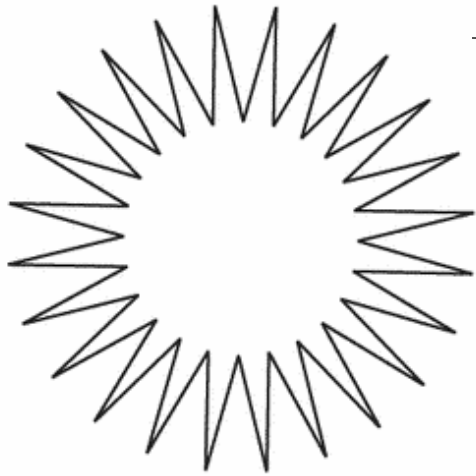
Look at the picture on the next page. The statements under the flowers are the fixed mindset "weeds" that pop up when you fail, mess up, or deal with a hard problem or situation.

What can you do to get rid of the weeds? On the lines, write down some statements that will make your flowers *grow*. Here are some things you can say to yourself when you make a mistake:

- I don't have to be perfect as long as I do my best!
- The more I practice the better I get.
- I can always find ways to improve.

Repeating these statements to yourself will help you have a growth mindset when you make mistakes and face challenges. Think of some other growth statements you can make when things are hard for you. Write them on the lines.

What are the positive traits and skills you have that support your growth mindset? Write them down in the watering can and sun. Use colored pencils or markers to decorate the page. Hang it up to remind yourself when things are tough!



This is too hard!

I'm not good enough.

Why am I so dumb?!

I always mess up.

I can't do this!

This is stupid. Why am I wasting my time?

I give up!

It's always easy for my friend to do that.

I'll never understand this!