



# Growth Mindset

## FIXED

Belief that intelligence and talent are determined at birth. You are either good at something, or you're not, based on your natural abilities. Your abilities are "fixed" and cannot be changed.

## GROWTH

Belief that you can learn and develop skills through determination, hard work, and effort, even if it is not a natural talent. Challenges are seen as opportunities to grow.

## WHY IS HAVING A GROWTH MINDSET IMPORTANT?

### FIXED

- More likely to fear failure
- Give up on tasks they feel are too difficult
- Ignore feedback
- Avoid Challenges
- Feel threatened by the success of others
- Think negatively about themselves

### GROWTH

- Learn from their success
- Take risks
- More motivated and put more effort
- Take challenges head on
- Open to others suggestions
- Think more positively

## HOW DO I PROMOTE A GROWTH MINDSET IN MY CHILD?

1. PRAISE the **PROCESS** **NOT** the person

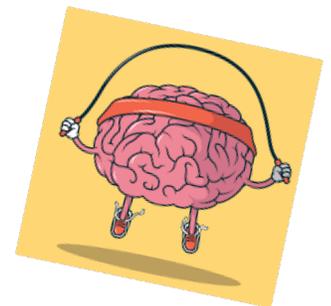
2. **RECOGNIZE** your own mindset- be mindful of your own thinking and the messages you send with your words or actions

3. **DO** praise for effort, strategies, progress, hard work, persistence, rising to a challenge, and learning from a mistake

4. **DON'T** praise for talent, being smart, born gifted, not making mistakes

5. **ASK-**

- "What did you do today that made you think hard?"
- "What mistake did you make that taught you something?"



# HOW TO EMPOWER CHILDREN WHEN THEY STRUGGLE

Big Life Journal

## 1 LISTEN AND EMPATHIZE

Practice listening when your child vents to you about a problem.

- Provide **choices**
- **Validate** your child's feelings
- Ask your child **open-ended questions**
- **Prompting** with questions like,
- You can also **ask**, "What do you need from me?"



## 2 MODEL THE ATTITUDE YOU WANT TO SEE

Practice listening when your child vents to you about a problem.

- Use **phrases** like, "This is hard. I need a break," or, "This is hard. I'm going to keep trying."
- **Ask** your child to help you brainstorm solutions.
- **Avoid** expressing negative opinions of yourself or making comments like, "I can't do this."
- Focus on the **positive**. Was a lesson learned? Did you improve? Did you overcome the struggle--and how great did it feel?



## 3 BUILD UP CONFIDENCE WITH AGE-APPROPRIATE TASKS

Boost your child's feelings of confidence and capability by allowing him to do age-appropriate tasks on his own.



## 4 REMIND THEM OF PAST STRUGGLES AND ACCOMPLISHMENTS

Remind your child of tasks that were once difficult and became easier with time.

What are your child's strengths? How did he grow these strengths?



## 5 TEACH PROBLEM-SOLVING SKILLS

Teach a simple process like the following:

- **Step 1:** What am I **feeling**?
- **Step 2:** What's the **problem**?
- **Step 3:** What are the **solutions**?
- **Step 4:** What would **happen** if...?
- **Step 5:** What will I **try**?

## 6 KNOW WHEN TO LEND A HAND

Step in when:

- There is a **safety concern**.
- When a task that is **not developmentally appropriate**.
- A **skill(s) needs to be learned** before your child can succeed.
- Your child has tried multiple strategies and persevered, but is **still struggling**. In this case, offer guidance and help. Then, discuss what your child learned and praise the effort/progress.



### Book/Resource Recommendations:

Go to [www.biglifejournal.com](http://www.biglifejournal.com) and search for "Top 85 Growth Mindset Books for Children and Adults"

### DEVELOPING A GROWTH MINDSET

<p><b>INSTEAD OF...</b></p> <p>I'm not good at this. I give up. It's good enough. I can't make this any better. This is too hard. I made a mistake. I just can't do this. I'll never be that smart. Plan A didn't work. My friend can do it.</p>	<p><b>TRY THINKING...</b></p> <p>What am I missing? </p> <p>I'll use a different strategy.</p> <p>Is this really my best work? </p> <p>I can always improve.</p> <p>This may take some time.</p> <p>Mistakes help me learn.</p> <p>I'm going to train my brain.</p> <p>I'll learn how to do this.</p> <p>There's always a Plan B.</p> <p>I'll learn from them.</p>
--	--

The Power of the **GROWTH MINDSET** says, "I believe in you, give it a try, you just haven't gotten it, YET !!! You will !!!"

SKETCHNOTE @weardard\_julie

Additional Space for Notes: