

6 WAYS TO TRAIN A GROWTH MINDSET:

1. Reframe Your Thinking:

- Challenge negative self-talk by questioning its validity.
 - Are these thoughts factual or are they limiting beliefs?
- Reframe them into empowering statements, emphasizing your ability to learn and grow.
- Example: 'I have to' can be reframed into 'I get to'.

2. Become a Solution Seeker:

- Instead of dwelling on problems, actively seek solutions.
- Shift your focus from helplessness to empowerment.
- Ask, "what can I do to find a solution?" instead of "why is this happening to me?"

3. Own Your Journey:

- Take responsibility for your actions, instead of blaming others.
- Foster resilience and a sense of agency by learning from mistakes and striving to improve.

4. Embrace Challenges:

- Approach challenges with curiosity and a willingness to learn & improve.
- View challenges as stepping stones, not roadblocks.

5. Effort & Attitude are King:

- Your effort & your attitude are the 2 things that you can control.
- Appreciate the effort you put in and bring a solutions-based positive attitude.
- Focus on the processes that you can control, not just the end result.

6. Celebrate Milestones, Both Big & Small:

- Acknowledge and celebrate progress, no matter how seemingly insignificant throughout the journey.
- This reinforces the belief in your ability to improve and boosts your confidence.

Bonus Tip: Surround yourself with people who also embrace a growth mindset. Their positive outlook and support can be contagious and accelerate your own progress.



GROWTH MINDSET



FIXED MINDSET