



growth mindset, part 1

USING A GROWTH MINDSET TO GET AHEAD

EXERCISE: REAL LIFE APPLICATION OF GROWTH MINDSET

1. REFLECT: WHEN DO YOU FEEL SMART? WHEN YOU'RE DOING SOMETHING FLAWLESSLY OR WHEN YOU'RE LEARNING SOMETHING NEW?

How can you make striving, stretching, and struggling into something that makes you feel smart?

2. REFLECT: THINK OF SOMETHING YOU'VE BEEN WANTING TO CHANGE OR LEARN. WHAT IS IT? HAS A FIXED MINDSET PREVENTED YOU FROM DOING THIS?

Employing a growth mindset, map out a few actions you could take to achieve this.

3. HOW CAN YOU USE GROWTH MINDSET STRATEGIES TO RESPOND TO "CONSTRUCTIVE CRITICISM"?

4. HOW DO YOU ACT TOWARD OTHERS AT WORK? ARE YOU EMPLOYING A FIXED MINDSET, FOCUSED ON BEING SMARTER THAN OTHERS? OR, DO YOU TAKE ADVANTAGE OF THE LEARNING OPPORTUNITIES AVAILABLE TO YOU THROUGH YOUR PEERS?

growth mindset, part 2

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TAKEAWAY: BELIEF + ACTION = GROWTH

1. IN WHAT WAY OR AREA DO YOU WANT TO GROW OR ADVANCE?

2. WHAT GROWTH MINDSET BELIEF DO YOU NEED TO EMBRACE TO ACHIEVE THIS GROWTH?

Examples: Understanding that I can learn to be good at something new, persevering until I get the results I want, welcoming feedback and criticism, being comfortable making mistakes, enjoying the process of learning something new

3. WHAT ACTION(S) DO YOU NEED TO TAKE TO GET THERE?

Try to make these actions specific, measurable, accountable, realistic, and time-bound.

4. HOW MIGHT YOU AUTHENTICALLY SELF-PROMOTE ALONG THE WAY?



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