

Name:

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How Can You Apply a Growth Mindset to Your Life?

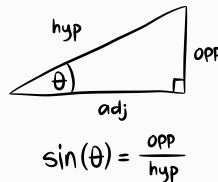


A growth mindset is the belief that you can improve your abilities and learn new things with effort, practice, and time. It means knowing that you're not stuck with the skills or smarts you have now—you can always get better. People with a growth mindset understand that making mistakes and facing challenges are just part of learning, and they don't give up when things get tough.

For example, if you're struggling with math or a new sport, instead of thinking "I'm just not good at this," a growth mindset helps you say, "I can get better at this if I keep trying and practicing." It's about focusing on learning, not just being perfect.

Your mission for the following prompt is to answer this question:

In what areas of your life (school, sports, hobbies, relationships) do you think you could apply a growth mindset to improve?



Here are two example answers:

"1) I could apply a growth mindset in math class. Sometimes I get frustrated when I don't understand a problem right away, but if I remind myself that struggling is part of learning, I can keep trying until I figure it out. Instead of thinking 'I'll never be good at math,' I can say 'I can get better with practice.' This way, I'll stay motivated to improve."

2) "In soccer, I often get discouraged when I don't perform well in a game. A growth mindset would help me realize that mistakes are part of getting better. Instead of focusing on what I did wrong, I can look at each mistake as something to learn from. This will help me keep improving and not give up after a bad game."

So once again, your mission for the following prompt is to answer this question:

In what areas of your life (school, sports, hobbies, relationships) do you think you could apply a growth mindset to improve?

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