



# Growth Mindset Plan

**"GROWTH MINDSET** [— the belief that your] most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience ... People who [... believe] that they can become smarter if they work hard and persevere—may learn more and view challenges and failures as opportunities to improve and grow" (Rives, 2018).

**"FIXED MINDSET** — the belief that [you] are either smart or talented or not and there is no way to change this — may learn less than they could while also shying away from challenges... people with fixed mindsets fail at something, as we all inevitably will, they tend to tell themselves they can't or won't be able to do it..., or they make excuses to rationalize the failure..." (Rives, 2018).

## Four Step Process to Establish a Growth Mindset

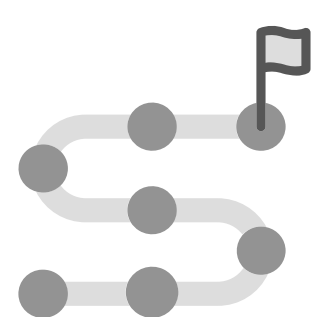


- Step 1: Learn to hear your fixed mindset voice
- Step 2: Recognize that you have a choice
- Step 3: Talk back to it with a growth mindset voice
- Step 4: Take the growth mindset action

### Avoid False Growth Mindset



Focus on progress,  
not just effort

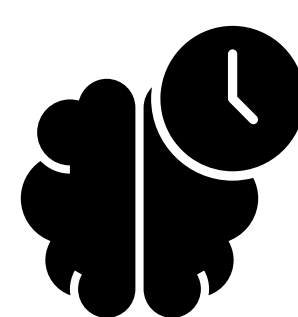


Develop learning  
Strategies

### Take Action



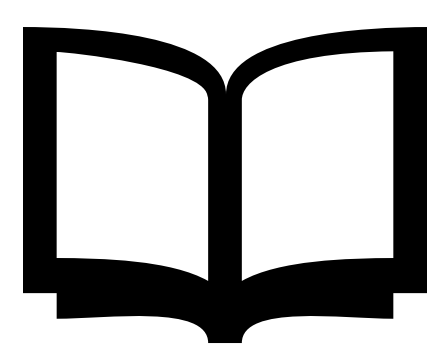
Seek feedback and  
learn from failure



Embrace lifelong  
learning

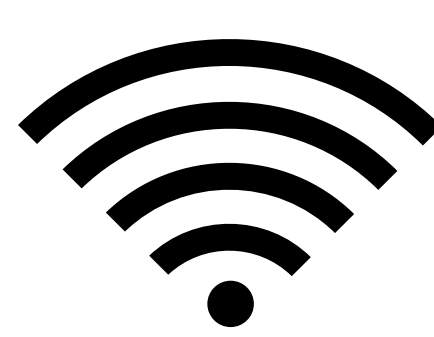


# References and Resources



mindset  
THE NEW PSYCHOLOGY  
OF SUCCESS  
*how we can learn  
to fulfill our potential*

Carol S. Dweck, Ph.D.



growthmindsetinstitute.org

## References

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Rives, J. (2018, March 18). Growth and Fixed Mindset Definition. *Growth Mindset Institute*. <https://www.growthmindsetinstitute.org/2018/03/08/growth-and-fixed-mindset-definition/>