

Developing a Growth Mindset

tips sheet

A **growth mindset** means believing you can develop abilities through hard work. In contrast, a *fixed* mindset means believing abilities are innate—you either have them or you don't. A growth mindset helps you take on challenges as opportunities to learn and grow.

The tips below will help you embrace a growth mindset:



Confront difficult situations rather than avoiding them.

Challenges are a normal part of life, and not a sign of personal weakness. Confronting challenges—even if it makes you nervous!—will likely show you they're more manageable than you'd imagined.



Approach difficulties as temporary setbacks rather than as permanent problems.

It's likely you believe your situation can't be overcome or won't get better. This is rarely the reality. Try seeing your challenge as a situation to work through, rather than as a forever problem. Ask yourself: *Will this matter to me in one month? How about in one year?*



Learn new skills rather than giving up.

When times are tough, you may want to throw in the towel. To avoid doing this, try to think of what you can learn from the situation. For example, if you're nervous about confronting someone, think of it as a chance to work on assertive communication.



View your emotions as sources of insight rather than running from them.

Instead of pushing away uncomfortable emotions, let yourself experience them fully. Make a point to sit with an emotion and explore how it feels. Then, ask yourself: *What is this emotion trying to tell me?* The answers can be illuminating.



Find the silver linings rather than dwelling on the negatives.

Life isn't perfect, but you can usually find a positive aspect of a difficult situation. Consider some good things, or silver linings, that you can take from your challenging situation. What aspects can help you learn and grow?