

PARENT'S GUIDE TO A GROWTH MINDSET

by **Big Life Journal**

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PRAISE

FOR:

EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE

RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:

BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:

"YOU REALLY TRIED VERY HARD
AND YOU USED THE RIGHT
STRATEGY!"
"WHAT A CREATIVE WAY TO
SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET".
"YOU DON'T KNOW IT YET."

"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

GROWTH MINDSET
YOU CAN
IMPROVE
AND GROW
INTELLIGENCE

VS

FIXED MINDSET
YOU CAN'T
IMPROVE
NATURAL ABILITIES
YOU WERE
BORN WITH

BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE.
WHEN YOU LEARN, YOUR BRAIN
GROWS. THE FEELING OF THIS
BEING HARD IS THE
FEELING OF YOUR BRAIN
GROWING!"

FAILURES AND MISTAKES = LEARNING

SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES
YOU CAN TRY."

ASK

WHAT DID YOU DO TODAY THAT
MADE YOU THINK HARD?
WHAT NEW STRATEGIES DID YOU
TRY?
WHAT MISTAKE DID YOU MAKE
THAT TAUGHT YOU SOMETHING?
WHAT DID YOU TRY HARD AT
TODAY?

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND
OF THE MESSAGES YOU SEND WITH YOUR
WORDS AND ACTIONS.