PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal
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GROWTH MINDSET

YOU CAN
GROW YOUR INTELLIGENCE

VERSUS

FIXED MINDSET

YOU CAN’T
IMPROVE
NATURAL ABILITIES
YOU WERE BORN WITH

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?”

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!”

RECOGNIZE YOUR OWN MINDSET

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

BASED ON CAROL DWECK’S BOOK “MINDSET: THE NEW PSYCHOLOGY OF SUCCESS”

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 tried very hard and you used the right strategy!”
“What a creative way to solve that problem.”

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!”

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