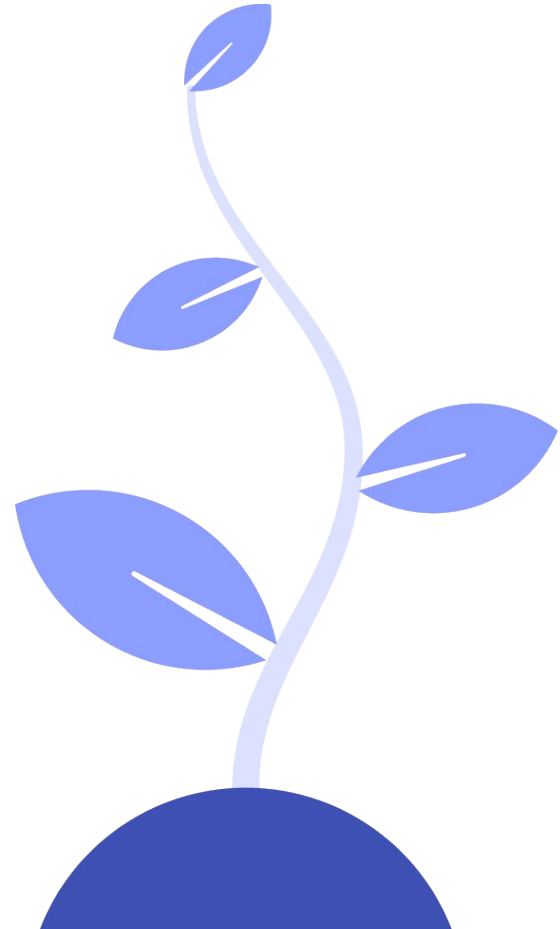


Growth Mindset

- Strength of will



What is a growth mindset?



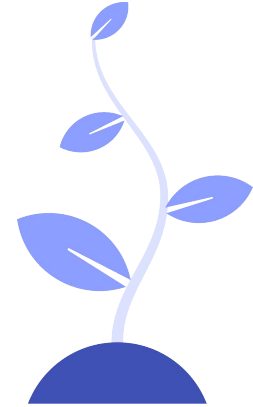
Believing you can improve
your abilities

“I’m not afraid of storms, for I’m
learning how to sail my ship.”

— Louisa May Alcott

Why does growth mindset matter?

- Having a growth mindset helps you focus on developing your abilities rather than proving how smart or talented you are.
- A growth mindset encourages you to take on challenges, sustain effort, and try new strategies.



Pulse Check

How many of these things are true for you?

- After I make a mistake, I always look for ways to learn from it.
- I love challenges because they make me smarter.
- I truly believe that people can change.
- I can always change how intelligent I am.

