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.