



*Growth
mindset*

A CHEAT SHEET

a worksheet from

The Rural Women's Counsellor

*Success is not final; failure is not fatal:
It is the courage to continue that counts.*

-W. CHURCHILL

WHAT IS A GROWTH MINDSET?

Growth mindset describes a set of beliefs and behaviors that allow people to increase their likelihood of success and achieving their goals by making them seek opportunities to learn, gain new skills, improve existing skills, become more resilient and enhance their character and willpower.

STEP #1

SHIFTING WHAT WE VALUE

EFFORT AND PERSISTENCE **OVER** INTELLIGENCE AND ABILITIES

PROCESS **OVER** OUTCOME

MISTAKES WE LEARN FROM **OVER** PERFECTIONISM

FAILING AT TRYING
NEW THINGS **OVER** WINNING WITHIN THE
COMFORT ZONE

DOING WHATS HARD/BORING
BUT NECESSARY **OVER** DOING WHAT'S SHINY,
NEW OR EXCITING

DELAYED GRATIFICATION **OVER** INSTANT GRATIFICATION



STEP #2

BE AWARE OF YOUR LANGUAGE

<i>Instead of ...</i>	<i>Say ...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.

STEP #3

KEEP A GROWTH DIARY ANSWERING THESE 3 PROMPTS DAILY



WHAT WAS SOMETHING NEW I LEARNED TODAY?



HOW DID I MAKE PROGRESS REGARDING MY CURRENT GOALS TODAY?



WHAT CAN I DO TOMORROW TO JUST BE 1% BETTER?

