



MINDSET FLEX

GROWTH MINDSET RESET



MINDSET FLEX: GROWTH MINDSET

Growth mindset is when you believe that you can grow, learn, or achieve something through effort. Having a growth mindset has been found to be a really powerful tool for success. When we believe that we can do hard things, we're more likely to stick with a challenge and accomplish bigger things.

- Know the triggers that frustrate you or make you give up.
- Find out what helps you stay motivated through challenges.
- Embrace the power of **yet statements**. Ex: I can't do that yet.

BUILDING AN "I'VE GOT THIS" MINDSET

WHEN HAVE YOU FLEXED YOUR BRAIN TO GROW AND LEARN SOMETHING NEW?

WHEN HAVE YOU ASKED FOR HELP IN LEARNING SOMETHING?

THINK OF A TIME WHEN YOU BECAME FRUSTRATED BY LEARNING/TRYING SOMETHING NEW OR BY EXPERIENCING FAILURE. HOW DID YOU GET PAST THAT?

WHAT IS SOMETHING YOU'D LOVE TO LEARN, BUT YOU FEEL IS OUTSIDE YOUR COMFORT ZONE?

WHAT'S 1 CHALLENGING THING YOU'RE LEARNING NOW?
HOW DO YOU FEEL ABOUT IT?

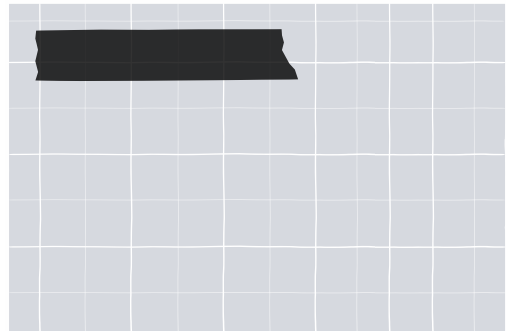


**WATCH THE VIDEO:
GROWTH MINDSET**

DANA POLLACK
BAKER/ENTREPRENEUR



- DANA HAS ACHIEVED HER DREAM. BUT WHAT IS HER MINDSET FOR MOVING FORWARD?
- WHAT'S ONE THING DANA SAID THAT SPEAKS TO HER GROWTH MINDSET?



THE POWER OF "YET"

NOW, TAKE THAT THING THAT FEELS OUTSIDE YOUR DOABLE ZONE AND TURN IT INTO A "YET, BUT" STATEMENT.

EXAMPLE:
I DON'T UNDERSTAND THAT MATH CHAPTER YET,
BUT I CAN GET THERE IF I ASK FOR HELP.

HOW DOES PHRASING IT THAT WAY FEEL?
(A LITTLE LESS INTIMIDATING?)
