



Tips for Developing a Growth Mindset

It's okay if you identify with a fixed mindset more than a growth mindset right now. There are strategies you can use to make the shift. Click on the tabs below to learn how to develop a growth mindset:

Notice and Challenge Your Assumptions

You must be aware of your underlying beliefs and assumptions to change them. Think about what assumptions you make about your skills, talents, and intelligence:

- What do you think you're inherently bad at?
- What do you think you're inherently good at?
- Why do you feel that way?

Then, challenge your assumptions. Is it possible that you're best at the things you put the most time and effort into?

Nix the Negative Self-Talk

People with a fixed mindset often suffer from negative self-talk. They tell themselves that they "can't." They insult or berate themselves. They don't practice kindness or forgiveness over their own shortcomings and mistakes. Pay attention to the voice inside your head. What are you telling yourself and how could you replace the negative self-talk with a positive affirmation?

Track Your Progress

Another way to boost your confidence is to track your progress over time. Ask yourself questions like:

- Where was I one year ago, three years ago, and five years ago?
- How have my skills changed and developed over time?
- What do I know how to do now that I didn't know how to do then?
- What do I have more expertise in now that I didn't have then?

Reflecting on how you've changed and progressed over time can help you believe that skills are cultivated.

Value Learning More Than Succeeding

People with a growth mindset see every challenge, setback, and failure as a learning opportunity. So, one strategy to shift your mindset is to value learning more than succeeding. Instead of focusing on negative feedback as a sign of failure, value it as an opportunity for development. Instead of worrying about whether you'll fail at a task, think about how it might help you grow.

Try It Anyway

Finally, get comfortable with being uncomfortable. Even if you don't yet believe that you can develop your intelligence or talents—try it anyway. Start small and begin taking on new challenges. Prove yourself wrong.