

1. Consider how you can develop a growth mindset.

Step 1. Become mindful of your negative self-talk. If you’re trying to change a habit – say, running in the morning – pay attention to any negative self-talk that surfaces, (especially *before* you do the habit) and write it down. For example, you might hear, “What’s the point? I tried running before and gave up after a week”. Whatever it is, write it down. Try not to engage with or criticize your self-talk, be present with it and observe.

Step 2. Believe you can change. In order to change any belief, you must *believe* three things:

1. You must believe a belief can *change*
2. You must believe *you* can change it
3. You must believe you can change it, *now*. Not tomorrow, next week, next month, or next year, but *now*.

You have a choice. You can either believe a belief can change, you can change it and you can change it, now, or you can believe none of the above. If a belief isn’t serving you, eliminate it. Simple.

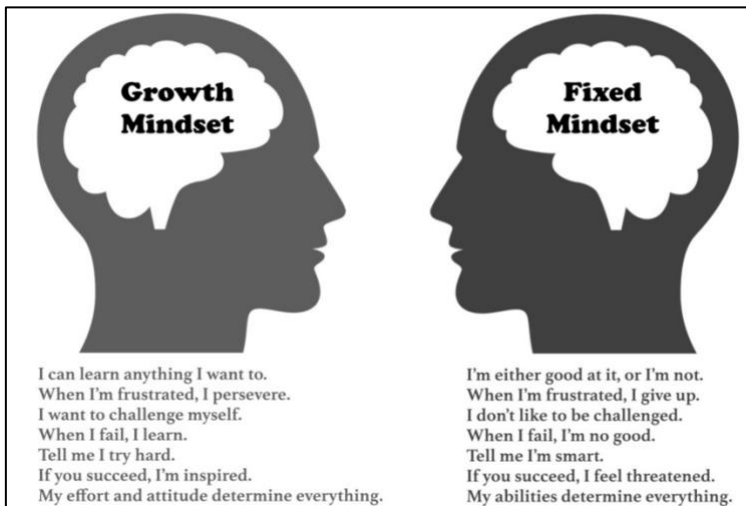
Step 3. Answer back with positive self-talk. Soon, you’ll have five to seven recurring negative self-talk statements. For every one, write down a counter-argument. So whenever you self-talk says, “What’s the point? I tried running before and gave up after a week”, you can reply, “That’s because I didn’t have a strategy. Now I have one and I’m going to stick to it”.

Answer the following questions in complete sentences.

a) Give an example of a statement of negative self-talk that you have engaged in.

b) Give a statement of a positive self-talk counter-argument to your statement from above.

2. Read the following info-graphic and answer the questions on the next page.



FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> • SOMETHING YOU'RE BORN WITH • FIXED 	SKILLS	<ul style="list-style-type: none"> • COME FROM HARD WORK. • CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> • SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> • SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW. • MORE PERSISTANT
<ul style="list-style-type: none"> • UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> • ESSENTIAL • A PATH TO MASTERY
<ul style="list-style-type: none"> • GET DEFENSIVE • TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> • USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> • BLAME OTHERS • GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> • USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

a) Which **fixed mindset** characteristic do you identify with most? Why?

b) Which **growth mindset** characteristic do you identify with most? Why?

c) Name someone in your life that you feel has a growth mindset and explain why you feel they possess this mindset.

Conclusion: Developing a growth mindset takes time and effort, but over time, with enough practice, your counter-arguments will become automatic, and you'll operate less from the "now" and more from the "yet".

Remember, it's not that you can't do it; it's that you can't do it yet.