



High School

Name: _____

Date: _____

Growth Mindset

Try these strategies to develop a growth mindset!

Take on challenges. Look for opportunities to grow your knowledge or skills, especially in areas that may be uncomfortable for you.	Learn from mistakes. Mistakes are nothing more than temporary setbacks. Look at each mistake as a learning opportunity and use what you've learned to do something different next time.	Feedback is a gift. When someone gives you feedback, remember that they are doing so to try to help you. Is there truth to what they are saying? What can you learn? How can you improve?
Have perseverance and practice. Becoming good at something takes practice and sticking to it - even (or especially) when it's difficult!	Ask questions. Don't be afraid to ask questions. Some people think that asking questions will make them look dumb, but it's a good way to make sure you understand something.	Take reasonable risks. Hockey player Wayne Gretzky once said that you miss 100% of the shots you don't take. It's better to challenge yourself and take a risk than continue with the safe way and not learn.

Step 1. List some things you're good at:

Step 2. How did you get good at these things?

Step 3. List something you'd like to get better at:

Step 4. What are some things you can do to get better at it? Use one of the strategies from above.