



## 13 WAYS TO DEVELOP A GROWTH MINDSET

1. Accept opportunities that push you out of your comfort zone – challenges are chances.
2. You don't know what you don't know. Ask questions!
3. Appreciate obstacles – growth comes from struggle.
4. Mistakes are an important part of the process.
5. Skills are built, not born. They're yours if you work for them.
  6. Choose learning well over learning fast.
  7. Reward efforts and actions, not traits.  
(Don't praise intelligence; praise perseverance, effort, and improvement.)
8. Don't be threatened by feedback and criticism – use it to support you in your learning instead.
  9. Think of learning as "brain training".
  10. Always reflect on what you've learned.
    11. Actively seek out new things.  
The more you do, the more you learn.
  12. Just because you haven't seen change, doesn't mean you won't. Stick at it.
  13. Your brain has the ability to change throughout your life. Never stop.