



10 WAYS TO DEVELOP A Growth Mindset

1

Practice mindfulness

Stay present in the moment and be aware of what is going on around you.



2

Set realistic goals

Create goals that give purpose and meaning to you.



3

Say “not yet” instead of “never”

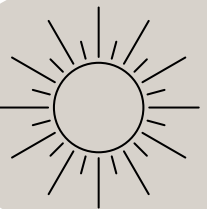
If you can't do something now it doesn't mean you won't ever be able to.



4

Look at the positive side

Give yourself permission to try again even after a negative experience.



5

Be curious

Explore your interests and try something new.



6

Learn from others

Instead of comparing yourself to others, note behaviors you admire.



7

Take responsibility

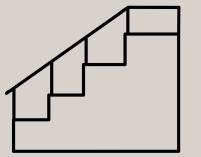
Empower yourself to go after what you want to achieve.



8

Challenge yourself

Push your boundaries and step outside your comfort zone.



9

Accept mistakes

Instead of feeling ashamed, realize mistakes often lead to knowledge and experience.



10

Reflect

Appreciate what you have learned and achieved.

