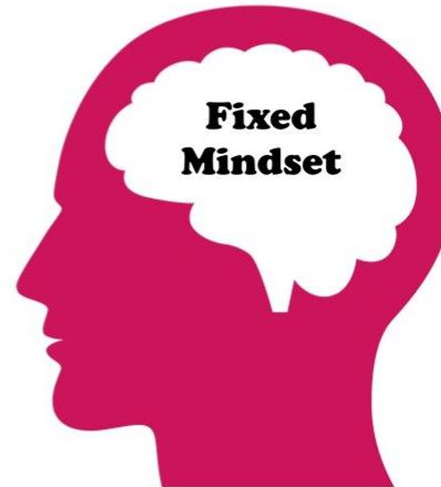


Fixed versus Growth Mindset

Intentional Leaders Choose Their Mindset

- I can learn anything I want to
- When I'm frustrated, I persevere
- I want to challenge myself
- When I fail I learn
- If you succeed, I'm inspired
- My efforts and attitude determine everything

What Kind of Mindset Do You Have?



- I'm either good at it, or I'm not
- When I'm frustrated I give up
- I don't like to be challenged
- When I fail I'm not good
- If you succeed, I feel threatened
- My abilities determine everything

Maintaining a growth mindset

Four questions I ask myself

1. What are my levels of effort and how positive do I feel about this?
2. Am I challenged and how much do I relish this challenge?
3. What mistakes have I made (the only way to never make a mistake is do nothing) and how have I reacted to these?
4. What feedback have I been given recently and how did it make me feel?

Supporting others to have a growth mindset

1. Remain positive but realistic - remember your mindset will radiate to others
2. Let people know its OK to fall into a fixed mindset. - We've all been there and recognition is the first step in doing something about it
3. Set up and acknowledge the small wins - this is about changing a mindset and not the size of the win itself, that will come next.

“Love challenges, enjoy effort, be intrigued by mistakes, keep learning.” Carol Dweck