

Growth Mindset

info & examples

A **growth mindset** means believing you can develop abilities through hard work. In contrast, a *fixed* mindset means believing abilities are innate—you either have them or you don't. A growth mindset helps you embrace challenges as opportunities to learn and grow.

Benefits

- ✓ **Strengthen relationships.** In real life, no relationship is perfect. By viewing relationships as works in progress, you handle relationship challenges in a more productive way.
- ✓ **Become more resilient.** A growth mindset helps you see challenges as a normal part of life, rather than as personal failings. This makes it easier to bounce back from difficult situations.
- ✓ **Learn from emotions.** With a growth mindset, you view emotions as sources of insight. Rather than pushing away difficult emotions, you appreciate what they're trying to tell you.

Examples

Situation	Fixed Mindset	Growth Mindset
You lose your job.	"I'm such a loser. I'll probably never work again." <i>You believe your situation is permanent and things won't get better.</i>	"I'm upset now, but I won't feel like this forever. This is a chance to find a job I enjoy more or that pays better." <i>You know feelings are temporary. You find the silver linings of a difficult situation.</i>
Your partner breaks up with you.	"This is the worst thing to happen. I'll never find happiness." <i>You have catastrophic thinking. You believe your situation is permanent.</i>	"I'll allow myself time to grieve. Then, I'll reflect on the relationship and move forward." <i>You fully experience emotions. You reflect on what you've learned, and grow from the experience.</i>
You get a low test grade.	"I'm a failure. I just can't do math." <i>You believe skills are set in stone.</i>	"I know I need to study more. I'll prepare better for the next exam and do better." <i>You understand that skills can be improved through hard work.</i>