

# growth mindset

***the belief that abilities and intelligence can be developed through learning, dedication and hard work***



Having a growth mindset means a person believes in their ability to *continuously* grow and learn new things, from developing new skills and talents to developing themselves and their beliefs through dedication and practice. People with this type of mindset believe their abilities, intelligence and performance can be improved upon and are not limited to their current level. This mindset is said to influence people's likelihood to succeed.

A growth mindset is one most likely to be held by resilient people and by those who seek to succeed through hard work and dedication, are self-aware, and practice self-reflection. In challenging circumstances, they often see their mistakes and 'failures' as an opportunity to learn and grow.

They do not dwell on these moments; instead, they take a potentially demotivating and negative outcome and turn it into a positive springboard for further improvement and success going forward.

## **Traits of those with a growth mindset include:**

- Believing that they can develop their intelligence.
- Approaching life's challenges head on.
- Being determined to overcome obstacles.
- Committing extra effort and energy to everything they do, as they recognise this as important for growth.
- Responding openly and positively to criticism, as they see it as an opportunity to develop.
- Admiring others' success and using it to inspire their own development.

To develop a growth mindset you have to remember that change takes time and it takes effort. A few tips to help you on your journey to success include:

**Learn to listen to and recognize how you speak to yourself** Are you championing yourself to try new things and push yourself? Or are you constantly telling yourself that any possibility of failure should be avoided at all costs?

**Change how you view failure** There is no failure. There is only learning or failing to try.

**Put in the time and keep practicing** If you weren't happy with your performance when you tried something new or you didn't feel confident, keep practicing and you will keep growing.

**Ask for help and support** Whether it is from friends, colleagues or a mentor, make sure you gain access to all the knowledge, tools and resources you need to help you succeed. Never avoid telling people you don't understand, asking questions or getting something wrong.

*Remember, developing a growth mindset takes time and effort. Be patient with yourself, ask for help and support and keep practicing. Progress will come.*