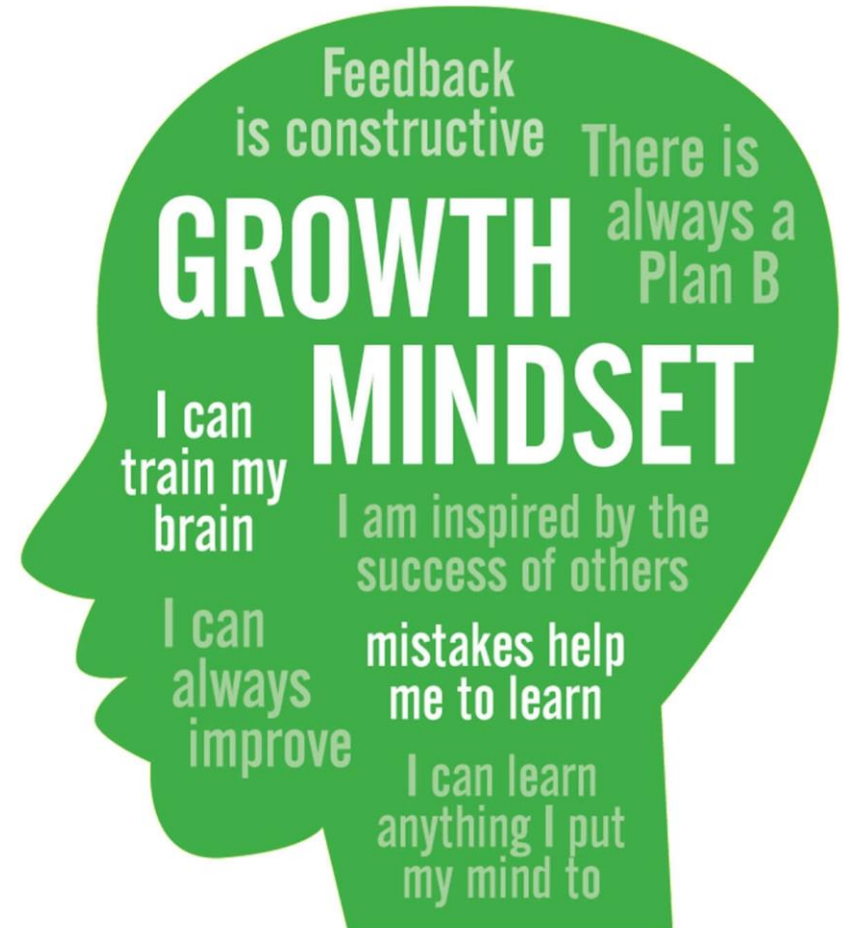
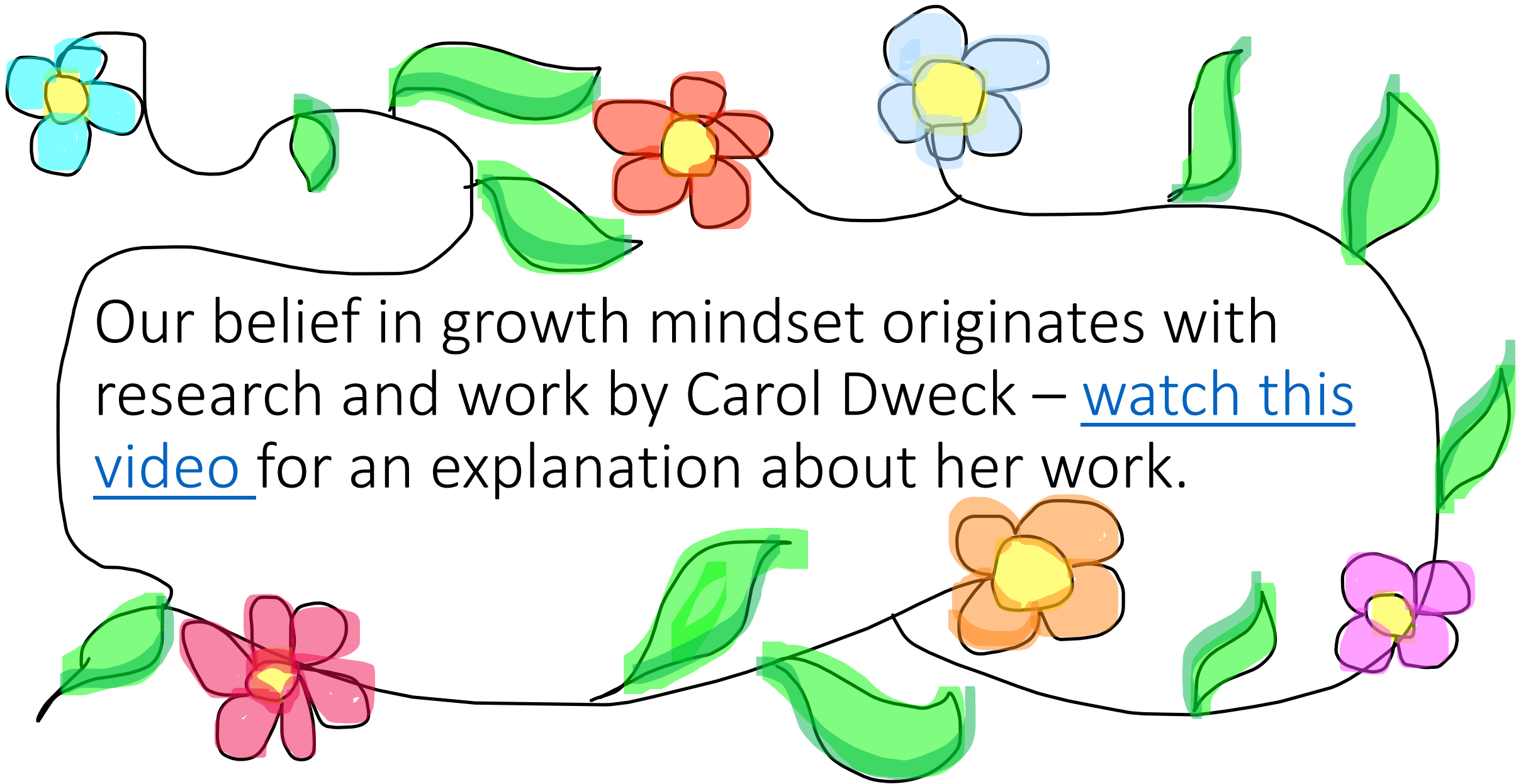


# Growth Mindset

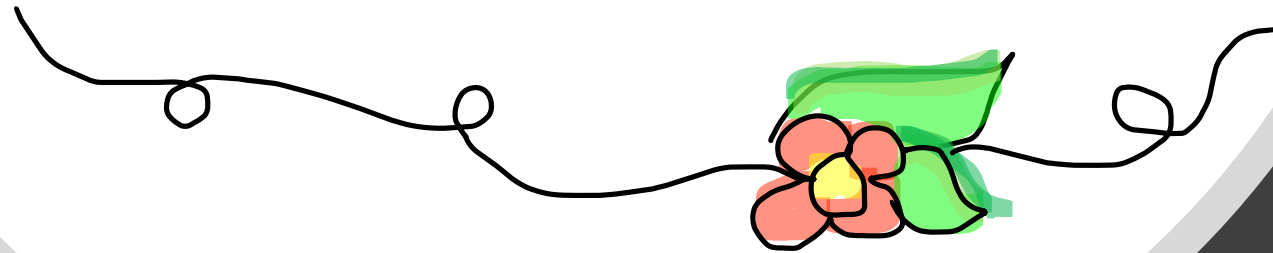
What is it and how can it help?





Our belief in growth mindset originates with research and work by Carol Dweck – [watch this video](#) for an explanation about her work.

Today's world is full of pressures for adults and children alike. Having a growth mindset helps us to manage these pressures.



In simple terms there are two ways of looking at our lives.

## Fixed Mind set

“I cant do this”  
“I keep making mistakes – I give up”  
“I’m not good at this”  
“Its too hard for me to try”

## Growth Mind set

“I’m finding this hard – but I will give it a go”  
“If I keep trying I will improve”  
“Mistakes help me to learn”  
“I know that the most successful people may fail along the way”

Have a look at this video by Prof Robert Winston about how we learn.  
Click below!



[Why we keep trying!](#)



So, it is important that we see mistakes as learning pathways – we can find out how to get it right – and with more and more effort we improve.






# The power of “yet”

If we learn to think that we can't do something “yet” it gives us more belief in what we can achieve.

The more we try the better we get.



You Will Make Mistakes....  
.... Learn From Them

...next time  
you or your  
children make  
a mistake –  
remember – it  
is a learning  
opportunity  
NOT a failure.