

GROWTH MINDSET

CHEAT SHEET

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an action book from

DISCERNINGPARENTING.COM

*Success is not final; failure is not fatal:
It is the courage to continue that counts.*

–W. CHURCHILL

WHAT IS A GROWTH MINDSET?

Growth mindset describes a set of beliefs and behaviors that allow people to increase their likelihood of success and achieving their goals by making them seek opportunities to learn, gain new skills, improve existing skills, become more resilient and enhance their character and willpower.

STEP #1 SHIFTING WHAT WE VALUE

EFFORT AND PERSISTENCE	OVER	INTELLIGENCE AND ABILITIES
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PROCESS	OVER	OUTCOME
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MISTAKES WE LEARN FROM	OVER	PERFECTIONISM
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FAILING AT TRYING NEW THINGS	OVER	WINNING WITHIN THE COMFORT ZONE
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DOING WHAT'S HARD/BORING BUT NECESSARY	OVER	DOING WHAT'S SHINY, NEW OR EXCITING
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DEFERRED GRATIFICATION	OVER	INSTANT GRATIFICATION
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STEP #2 BE AWARE OF YOUR LANGUAGE

<i>Instead of...</i>	<i>Say...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.

STEP #3

KEEP A GROWTH DIARY ANSWERING THESE 3 PROMPTS DAILY



WHAT WAS
SOMETHING
NEW I LEARNED
TODAY?



HOW DID I MAKE
PROGRESS
REGARDING MY
CURRENT
GOALS TODAY?



WHAT CAN I DO
TOMORROW TO
JUST BE 1%
BETTER?