

GROWTH MINDSET

REFERENCE POSTER

You can grow your abilities through effort, learning and persistence.

FIXED MINDSET		GROWTH MINDSET
I believe my abilities are fixed.		I believe my abilities can grow.
 I can't do it.	➔	I can't do it yet. 
 I give up easily.	➔	I'll keep trying. 
 I hate making mistakes.	➔	Mistakes help me learn. 
 I don't like challenges.	➔	I like challenges. They help me grow. 
 I feel threatened by others' success.	➔	I'm inspired by others' success. 
 I focus on what I can't do.	➔	I focus on what I can improve. 

GROWTH MINDSET STRATEGIES



BE CURIOUS

Ask questions and explore.



MAKE A PLAN

Plan, take action and reflect.



KEEP GOING

Stay focused and keep trying.



ASK FOR HELP

It's okay to ask and learn.



CELEBRATE EFFORT

Recognise progress and growth.



REMEMBER: Effort + Strategies + Persistence = Growth

♥ Be kind to yourself. Everyone can grow!