



EMBRACING A GROWTH MINDSET

A growth mindset is the belief that abilities, talents and IQ is not fixed and can be enhanced by hard work and dedication - leading to brain plasticity.

1. Reflect on and challenge your fixed beliefs and the impact on your behaviour. Eg "I'm bad with finances" may make you avoid looking at your accounts or getting advice.
2. Get addicted to progress, not perfection.
3. Separate tasks from identity, Eg "I've never spent much time on finances or learnt budgeting" rather than "I'm terrible with numbers."
4. Avoid all or nothing thinking and set small stretch goals (20% outside your reach).
5. Scale yourself not on outcome but effort/persistence , Eg "I put 7/10 effort into that gym session."
6. Remember - praising yourself or others for intelligence rather than effort decreases effort and increases stress.
7. Praising for persistence and effort increases the likelihood that people will choose hard challenges, persist, more and learn faster
8. Pay attention to language. Eg instead of "I'm not good at languages" try "I haven't found a good approach to learning languages yet."
9. Set specific goals for improvement instead of fixed outcomes. "Eg instead of a 20 golf score," try "I'm going to practice 4 hours a week."