

Week 3: Resilience

Growth vs. Fixed Mindset

"Nothing is IMPOSSIBLE. The word itself says I'M POSSIBLE!"
- Audrey Hepburn



Fixed v. growth mindset, Ranadive (2016)

We all face obstacles in our day-to-day lives. During these obstacles, our minds may categorize our thoughts into two mindsets: **growth** or **fixed mindset**.

When in a **fixed mindset**, we tend to close ourselves off to the opportunities inherent in challenge and are likely to believe that intelligence or capabilities are limited to what we know at the moment.

When in a **growth mindset**, we tend to be open to the idea that intelligence and capability can be developed over time through practice. A growth mindset involves recognizing that learning consists of setbacks, allowing us to overcome setbacks by increasing motivational effort. When we are in a growth mindset, we are more likely to believe that failures are just temporary setbacks and opportunities for growth.

Exercise:

Complete this challenging puzzle and pay attention to what you are thinking and feeling while completing it.

1. another one thing	2. heart	3. p ^a y	4. temper _a ture
5. LEAST	6. DRAH	7. thought but thought	8.
9. and path	10. MILLION	11. purposes purposes	12. b k
13. par two	14. o o o u i	15. the worse	16. hell winning
17. history history history	18. CHANCE	19. musically	20. end

Example:

- 1.) One thing after another
- 2.) Broken heart

Answer key
on back
page of
workbook

Reflection:

How do we reframe our thinking? Choose some of your *fixed* thoughts that you experienced during this activity and reframe them to reflect a *growth mindset*. Why is this important to overall wellbeing and success? How can this be applied to everyday life?



Challenge: Try to apply a growth mindset over the next week.