



10 WAYS TO BUILD A GROWTH MINDSET



Acknowledge and embrace imperfections

Hiding from weakness means you will never overcome them

Replace the word “failing” with the word “learning”

When you make a mistake or fall short of a goal, you have learned

Value the process over the end result

Enjoy the process and don't worry if it takes longer than expected

Celebrate growth with others

If you appreciate growth, you will want to share progress with others

View criticism as positive

Believe in the concept of learning through constructive feedback

Provide regular opportunities for reflection

Reflect on your own learning at least once a day

Cultivate grit

Determined people are more likely to seek approval from themselves

Learn from other people's mistakes

Don't compare to others, but realize that we all make mistakes

Take risks in the company of others

Allow yourself to make mistakes, it will make it easier to take risks in the future

Take ownership over your attitude

Develop a growth mindset, own it, and let it guide your actions