

# 7 WAYS TO DEVELOP A “GROWTH MINDSET”

Lesson by Mauro Baldelli

## WHAT DOES “GROWTH MINDSET” MEAN?

### WHICH DESCRIPTION IS CORRECT?

- 1 A growth mindset is the belief that intelligence and abilities can be developed over time through commitment, practice, and learning from mistakes. People with a growth mindset view challenges as opportunities and understand that failure is a natural part of the learning process.
- 2 A growth mindset implies that everyone has equal potential and will succeed if they just put in enough effort. It also encourages people to avoid failure whenever possible, as failure can weaken motivation and hinder personal progress.

**COMMENT ON THE FOLLOWING PHRASES ABOUT “GROWTH MINDSET”.**

**“ARE THEY ALWAYS TRUE? HOW CAN YOU PUT THEM INTO PRACTICE? WHICH IS THE MOST DIFFICULT TO ACHIEVE? WHICH ONE WILL YOU REMEMBER? ETC.”**

1. Challenges help me grow.
2. With commitment I can learn new things.
3. Feedback is an opportunity to learn and improve.
4. I'm not there yet, but I'll get there.
5. I can improve my intelligence by learning.

NOW TAKE A SHEET OF PAPER AND GRADUALLY CREATE A  
MIND MAP ON THE “**GROWTH MINDSET**”

THERE WILL BE 7 POINTS TO WRITE, DRAW, SUMMARIZE  
AND COMPARE

THINK ABOUT A POSSIBLE DESIGN FOR YOUR MIND MAP!

**NOW FOLLOW THE INSTRUCTIONS**

**BE CREATIVE!!**

# 1

## "REPLACE "I CAN'T" WITH "HOW CAN I"

REWRITE THE FOLLOWING IN YOUR OWN WORDS:

1. When something seems unattainable, reframe the situation.
2. "I can't do that" often means "I don't know how to do it yet."
3. Look at solutions rather than obstacles.

# 2

*“MEASURE GROWTH, DON'T COMPARE”*

WRITE THE SENTENCES BELOW AND ADD A SMALL DRAWING TO EACH.

1. Track your progress.
2. Instead of measuring yourself against others, measure yourself against your past.
3. Your journey is unique.

# 3

*“RECOGNIZE THE SMALL VICTORIES”*

WRITE THE FIRST TWO SENTENCES AND THEN ADD TWO MORE TO THE LIST.

1. Even small steps forward are progress.
2. Recognize your successes and celebrate them often.

3. \_\_\_\_\_

4. \_\_\_\_\_

# 4

## *“ACCEPT YOUR ACTIONS WITHOUT SELF-CRITICISM”*

WRITE THREE SENTENCES OPPOSITE TO THE THREE CONCEPTS BELOW AND THEN MARK THEM WITH A ~~CROSS~~.

1. Take responsibility for your choices.
2. Mistakes are inevitable and precious.
3. Reflect without negative thoughts.

# 5

## *“CONSIDER FAILURE AS A LESSON”*

WRITE A SHORT TEXT THAT SUMMARISES THE CONCEPTS BELOW.

1. Every experience is an opportunity to grow.
2. Rather than seeing obstacles as defeats, think of them as launchpads for growth.

# 6

*“PRIORITIZE THE JOURNEY RATHER THAN THE GOAL”*

WRITE THE STATEMENTS BELOW AND THEN COMPLETE THE MIND MAP WITH A SLOGAN THAT SUMMARISES EVERYTHING.

1. Progress happens in the process.
2. Focusing too much on the outcome prevents you from learning from the steps needed to achieve it.

**THE END**