

# PARENT'S GUIDE TO A GROWTH MINDSET

## Big Life Journal

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### PRAISE

FOR:

EFFORT  
STRATEGIES  
PROGRESS  
HARD WORK  
PERSISTENCE

RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

NOT FOR:

BEING SMART  
BORN GIFTED  
TALENT  
FIXED ABILITIES  
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"  
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

### THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET".  
"YOU DON'T KNOW IT YET."

"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

GROWTH MINDSET

YOU CAN  
GROW YOUR  
INTELLIGENCE

VS

FIXED MINDSET

YOU CAN'T  
IMPROVE  
NATURAL ABILITIES  
YOU WERE  
BORN WITH

BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

FAILURES AND MISTAKES = LEARNING

SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."  
"MISTAKES HELP YOU IMPROVE."  
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"  
"WHAT NEW STRATEGIES DID YOU TRY?"  
"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"  
"WHAT DID YOU TRY HARD AT TODAY?"

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.