### PARENT'S GUIDE TO A GROWTH MINDSET

Your brain is like a muscle. When you learn, your brain grows. The feeling of it being hard is the feeling of your brain growing!



### PRAISE

FOI

**EFFORT** 

**STRATEGIES** 

**PROGRESS** 

HARD WORK

**PERSISTENCE** 

RISING TO A CHALLENGE LEARNING FROM A MISTAKE

#### NOT FOR

**TALENT** 

**BEING SMART** 

**BORN GIFTED** 

FIXED ABILITIES
NOT MAKING MISTAKES

# THE POWER OF "YET"

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

"IF YOU LEARN AND PRACTICE, YOU WILL!"



## RECOGNIZE YOUR OWN MINDSET

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



### 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 THAT WAS HARD TODAY?"

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