



## Checklist 5: Developing a Growth Mindset

Project Name: \_\_\_\_\_

Date: \_\_\_\_\_

Yes No

*A growth mindset involves the tendency to know and believe what you are capable of and the belief of knowing you can grow. A fixed mindset is the opposite and involves beliefs that say that character; habits cannot be changed in a meaningful way. Developing a growth mindset is crucial as it helps you see the bigger picture in life, helping you succeed.*

### The Basics

- |   |   |                          |                          |
|---|---|--------------------------|--------------------------|
| 1 | Start by embracing and acknowledging your weaknesses and imperfections.       | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Stop hiding from your weak areas as this can lead you never to overcome them. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | View challenges as positive opportunities to achieve better in life.          | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | To do this:   | <input type="checkbox"/> | <input type="checkbox"/> |

*Find out your mistakes.  
Embrace the importance of making mistakes. Tell yourself its fine to make mistakes; in fact, it is good.  
Keep an eye and appreciate your efforts and not your success.*

- 5 Try practicing different learning tactics.

Notes

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- 6 Find out which model of learning works best for you.
- 7 Learn about the different strategies for learning and find the one that works best for you in different situations:
- Visual strategy: Do you prefer making use of images, pictures and find spatial understanding more comfortable?*
- Aural strategy: Do you prefer learning through music and sound?*
- Physical strategy: Do you prefer learning through your body, sense of touch and hands?*
- Verbal strategy: Do you like learning through words, writing and speech?*
- Social strategy: Do you find it easier to learn in groups or with other people around you?*
- Logical strategy: Do you like using reasoning and logic to understand concepts?*
- Solitary strategy: Do you like to work alone and make use of self-study methods?*
- 8 Work on replacing the word “failing” with “learning” to see positive changes in your mindset.

What Comes Next

Notes

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- 1 Stop looking for approval of others. Prioritize learning over approval and appreciation.
- 2 Do not sacrifice your potential, growth and learning for the sake of approval.
- 3 Create a sense of purpose in your life. Always try keeping the bigger picture in mind.
- 4 Prioritize and emphasize on growth over speed. Take time in understanding concepts instead of rushing things over.
- 5 Make use of criticism as a positive helper. Make criticism constructive and improve yourself.
- 6 Give importance to effort more than talent.
- 7 Learn from the mistakes of those around you as human beings share the same kinds of weaknesses.
- 8 Think about things realistically and deeply. Think about the why's and how's in life. Don't just pass the time.
- 9 Own your attitude and hard work. Acknowledge your strengths and use them to obtain a growth mindset.

*Notes*



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- 10 Give attention to your thoughts and words. Censor your words and thoughts and make both positive so that your actions can be positive as well.

 

*Notes*