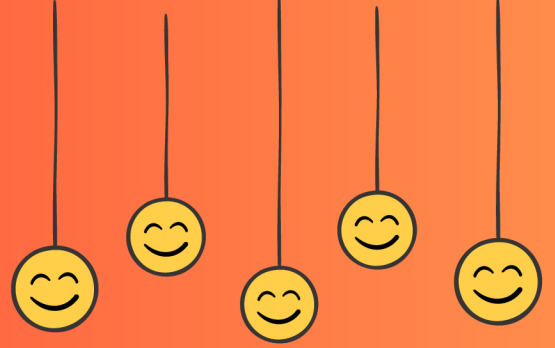


MINDSET MINUTE



Growth Mindset - Let's Practice!

Where
will
you
be
in
the
next
five
years?



Pick
a
goal
and
practice
growth
mindset!

Dr. Carol Dweck defines **growth mindset** as believing abilities grow through effort, emphasizing challenges, persistence, and learning from setbacks. Her *Mindset Theory* revolves around a simple but important idea: 'The view you adopt for yourself profoundly affects the way you live your life'. In her book *Mindset: The New Psychology of Success* Dr. Dweck explores the difference between a fixed mindset versus a growth mindset and explains how a growth mindset is the key to resilience and achievement.

- What books can you read to gain knowledge towards your goal?
- What podcasts or YouTube channels, etc. could you follow that will help you reach your goal?
- Who will you surround yourself with to help you achieve your goal?

When you set your mind to a goal, your answers to the above questions will have a direct impact on your path to reach it.

Mindset shifts can help us keep on track for a more positive day. Think about all the different things you have to do each day. After you come up with at least one or two, say out loud what it is using the word "get." For instance, instead of saying, "I HAVE to do the dishes." replace it with, "I GET to do the dishes." This simple change can shift the trajectory of our attitude and can also impact those around us.

Positivity 
is Powerful

To help us get started with our growth mindset for 2026, attached you will find two different "Growth Cubes" for you to download and use.

The first is already prefilled with ideas/suggestions and the second is blank for you to create your own.

Whichever you choose to utilize, cut out and make your cube so each day you need help continuing to grow toward your goal you can roll the cube for a daily challenge/reminder.

