

# 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!"



**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.

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"