

"Change Your Words, Change Your Mind"

Suggestions for Bulletin Board:

Title is above

Individually print and cut the fixed mindset phrases and put on (or mat on) dull/ neutral color paper. Place them near the $\frac{1}{2}$ of the brain picture below with black & white brain.

Individually print & cut the *Growth Mindset* on bright colored paper or mat on bright color paper. Place them on $\frac{1}{2}$ with colored brain. More *Growth Mind set* statements is done on purpose, this shows people what to tell themselves.

If you choose print the below instructions on how to get a growth mindset and place in center or on grey side to show how to change their mind set.

Choose which image of the brain you would like to use and expand it to the size that suits your bulletin board.

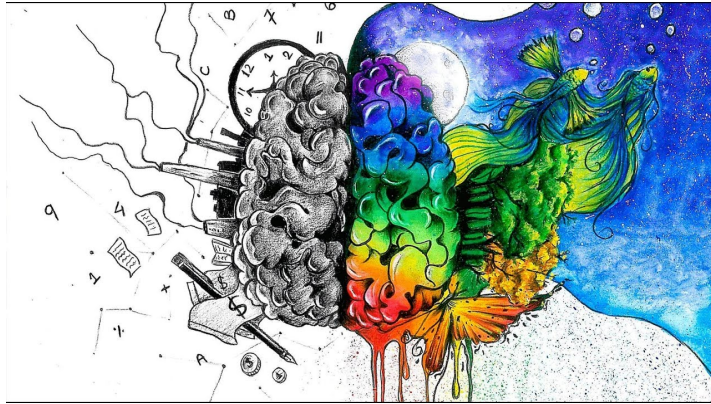
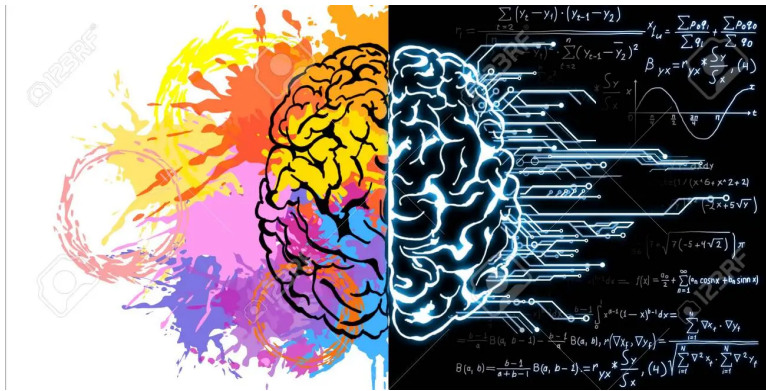
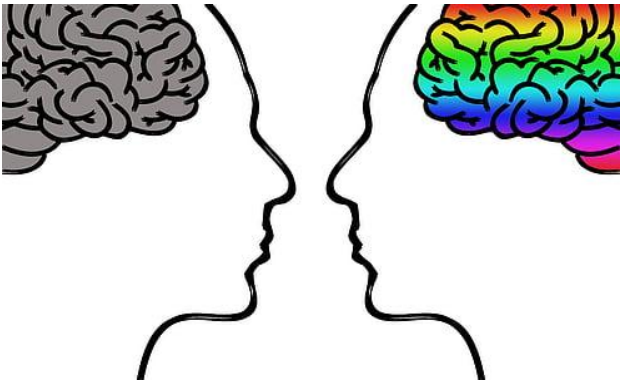
<p>Fixed Mindset Believe intelligence is fixed—so if you're not good at something, you might believe you'll never be good at it</p>	<p>When I'm frustrated I give up.</p>
<p>This is too hard.</p>	<p>I'm either good at it or I'm not</p>
<p>Nothing is going to change</p>	<p>My potential is predetermined</p>
<p>I am never going to get through this.</p>	<p>I avoid Challenges.</p>
<p>I stick to what I know.</p>	<p>I'm not good at it.</p>

<p>Growth Mindset Believe your intelligence and talents can be developed over time.</p>	<p>I learn something even if I fail.</p>
<p>This might take some time and effort.</p>	<p>Criticism helps me become better.</p>
<p>Mistakes can Help me Learn and Grow.</p>	<p>I can always improve something.</p>
<p>I am a Problem Solver</p>	<p>I control my effort and my attitude.</p>
<p>I can ask for help when I need it.</p>	<p>It's never too late to learn.</p>
<p>I embrace new challenges.</p>	<p>I learn something even if I fail.</p>

This failure is a learning experience.	I can't do that, yet.
I'm not afraid to try another way.	I believe I can.
I am patient.	

5 Effective Strategies to shift to a Growth Mindset

1. first step to enable a growth mindset is to learn to catch yourself in the moment, make a choice and shift the language you use.
2. Commit to learning everyday as opposed to seeking goals that prove your worth.
3. you can take advantage of your failures by reviewing them, identifying what did not work and then devising a plan to correct your mistakes.
4. activities that are neither too easy nor too difficult, just a little over your current abilities.
5. Be consistent in reflecting on your past behavior by asking yourself if you are using #1, #2 & #3



Fixed Mindset

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I avoid challenges.

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Growth Mindset

Believe your intelligence
and talents can be
developed over time.

I learn something
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This might take some
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Criticism helps me
become better.

I can always
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Mistakes can help me
learn and grow.

I am a
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I control my effort
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