

# 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!"



GROWTH MINDSET

YOU CAN  
GROW YOUR  
INTELLIGENCE

VS



FIXED MINDSET

YOU CAN'T  
IMPROVE  
NATURAL ABILITIES  
YOU WERE  
BORN WITH



BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE.  
WHEN YOU LEARN, YOUR BRAIN  
GROWS. THE FEELING OF THIS  
BEING HARD IS THE  
FEELING OF YOUR BRAIN  
GROWING!"



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.