

BUILDING A GROWTH MINDSET

 WholeHearted School Counseling

- LEARN FROM YOUR MISTAKES.
- FOCUS ON YOUR EFFORT, NOT ON THE END RESULT.
- REMEMBER THAT PRACTICE MAKES PROGRESS.
- LOOK FOR WAYS TO IMPROVE.
- EMBRACE IMPERFECTION AND CREATIVITY.
- SET GOALS THAT ARE SPECIFIC AND DOABLE.
- TRY A DIFFERENT STRATEGY IF THE FIRST ONE ISN'T WORKING
- VIEW CHALLENGES AS OPPORTUNITIES TO GROW.

