




MINDSETS

In a **Fixed Mindset** we see ability as pre-determined from birth, where people are born with natural gifts & talents. We expect immediate success & need to look good at all times, which means we avoid new challenges for fear of looking silly.

In a **Growth Mindset**, we view our basic abilities & intelligence as things that improve over time through hard work, dedication and practice. We might see our brains more like a 'mental muscle' & view natural talent as just the starting point.

FIXED	Your reaction to...*	GROWTH
Take it personally & ignore it.	Constructive feedback  1 2 3 4 5 6 7 8 9 10	Without this I'll never be able to improve.
Avoid them & give up easily. What if I lose?	Challenges  1 2 3 4 5 6 7 8 9 10	Welcome them, trying new things is the only way to learn.
Feel jealous of them, it's because they are naturally talented.	Success of others  1 2 3 4 5 6 7 8 9 10	Want to learn from other people's success.
"I'm really clever!"	Passing a test  1 2 3 4 5 6 7 8 9 10	"I've worked really hard for this."
"I can't do it!"	Struggling  1 2 3 4 5 6 7 8 9 10	"I can't do this... YET! "

* Score yourself 1-10 on the scale. 1 being definite Fixed & 10 being definite Growth.

IMPORTANT: You actually have both mindsets and are on your own amazing journey of improvement. The mindset you adopt towards playing a sport or an instrument might be different to how you feel about Maths or English. It's about recognising this and trying to think in a growth mindset way. With the right attitude you can be better prepared to overcome setbacks, value effort and improve on absolutely anything in your life.



"Don't get bitter, get better!"

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Changing Your Words

Now that you know more about mindsets, it's normal to say "I have a growth mindset", however in many areas you will need to train yourself to think in that way.

You can grow and change your ability with practice, determination & effort. Being able to 'self-talk' and recognise your own fixed mindset language can allow you to move your mindset, if you change your words it might just change your world.

INSTEAD OF...

I'm so stupid!

I'm no good at this.

It's too hard.

I give up.

That'll do.

Oh no! I've made a mistake.

Nothing ventured... nothing lost!

TRY THINKING...

I haven't done enough practice yet.

I can't do it **YET**, I can improve!

This will take time, I may need help.

What can I do differently?

Is this really my best effort?

Mistakes are necessary, what can I learn from this?

Nothing ventured... nothing gained!



CONFIDENCE

It's often assumed that being confident is being able to stand up and talk in front of a large group. It's a scary thought and would require lots of preparation, hard work and self-belief, but being nervous doesn't mean you are not a confident person.

“Through my education, I didn't just develop skills, I didn't just develop the ability to learn, but I developed confidence.”

Michelle Obama

Confidence is developed over time by getting involved. It's not standing out from the crowd by being the loudest and most popular person in the room. Confidence is about knowing what you want, gritting your teeth and making it happen!

Confident people...

- Try new things
- Never give up
- Work hard & value effort
- Grasp opportunities
- Know when to speak
- Make their own decisions
- Try to stay calm
- Are open to advice
- Take personal responsibility
- Make time to practise
- Inspire others
- Know when to listen
- Are not easily led
- Organise themselves

Confidence to FAIL

Fact: Failing doesn't feel good and we don't all go about trying to make lots of mistakes. Never hide from them as they are just part of this process called 'learning'.

Be part of a supportive group of friends where failure isn't just followed up by laughter and embarrassment.

Don't hide, confront the problem. Can you make the situation better?

Success and failure shouldn't be seen as black or white. This all or nothing thinking can increase your stress.

What can you control? A lot of things you worry about are out of your hands and potentially down to chance.

Can you fail better? This doesn't mean failing more often. One way is to ask someone for feedback and then use it.

Don't bottle things up, talk to someone: a parent, friend or teacher.

Real failure is someone who has blundered and not cashed in on the experience. Do you blame fairly?

Question your fears? Are they actually irrational and unlikely to come true?