

the ultimate

GROWTH MINDSET

CHEAT SHEET



a worksheet from

ALLLIFE.COMMUNITY

*Success is not final; failure is not fatal:
It is the courage to continue that counts.*

-W. CHURCHILL

WHAT IS A GROWTH MINDSET?

Growth mindset describes a set of beliefs and behaviors that allow people to increase their likelihood of success and achieving their goals by making them seek opportunities to learn, gain new skills, improve existing skills, become more resilient and enhance their character and willpower.

STEP #1 SHIFTING WHAT WE VALUE

EFFORT AND PERSISTENCE **OVER** INTELLIGENCE AND ABILITIES

PROCESS **OVER** OUTCOME

MISTAKES WE LEARN FROM **OVER** PERFECTIONISM

FAILING AT TRYING
NEW THINGS **OVER** WINNING WITHIN THE
COMFORT ZONE

DOING WHAT'S HARD/BORING
BUT NECESSARY **OVER** DOING WHAT'S SHINY, NEW
OR EXCITING

DEFERRED GRATIFICATION **OVER** INSTANT GRATIFICATION

STEP #2 BE AWARE OF YOUR LANGUAGE

<i>Instead of...</i>	<i>Say...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.

STEP #3

KEEP A GROWTH DIARY ANSWERING THESE 3 PROMPTS DAILY



WHAT WAS
SOMETHING
NEW I LEARNED
TODAY?



HOW DID I MAKE
PROGRESS
REGARDING MY
CURRENT
GOALS TODAY?



WHAT CAN I DO
TOMORROW TO
JUST BE 1%
BETTER?