

# PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

*Your brain is like a muscle. When you learn, your brain grows.  
The feeling of it being hard is the feeling of your brain growing!*

## PRAISE



### FOR:

EFFORT  
STRATEGIES  
PROGRESS  
HARD WORK  
PERSISTENCE  
RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

### NOT FOR

TALENT  
BEING SMART  
BORN GIFTED  
FIXED ABILITIES  
NOT MAKING MISTAKES

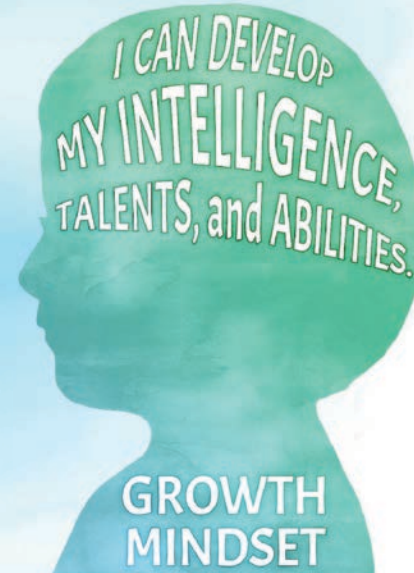
## THE POWER OF "YET" SAY

"YOU CAN'T DO IT **YET**."  
"YOU DON'T KNOW IT **YET**."  
"IF YOU LEARN AND  
PRACTICE, YOU WILL!"

# BRAINS can GROW



VS



## FAILURES AND MISTAKES = LEARNING

### SAY

"MISTAKES HELP YOU IMPROVE."  
"YOU CAN LEARN FROM YOUR MISTAKES."  
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

## RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR  
OWN THINKING AND THE  
MESSAGES YOU SEND  
WITH YOUR WORDS AND  
ACTIONS.



## 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  
THAT WAS HARD  
TODAY?"