

IN CONTROL

PARENT GUIDE

GROWTH MINDSET LV.2 (7) TAKEAWAYS:

- A mindset is an established set of attitudes held by someone.
- People that have a “fixed mindset” believe that people only get what they get when they are born and they can’t grow or improve.
- Your life, your happiness, and your success all start with having the right mindset.
- The most guaranteed way to fail is to not try at all.
- People who give you feedback are actually giving you the fastest path to success.
- If you try hard enough, and you eventually get it, nobody will laugh at you.

WHAT TO DO AT HOME

- Continue to encourage your child to embrace their failures as learning experiences.
- Praise your child based on effort and bravery, not on achievement.
- Allow your child time to reflect after failures.
- Check out [The Growth Mindset Coach by Annie Brock](#)

FOR ADULT GROWTH

- Read [“Mindset” by Carol S. Dweck, Ph.D.](#)
- Examine your own beliefs about personal limitations.
- Watch [Growth Mindset vs. Fixed Mindset](#) on YouTube.