

GROWTH

MINDSET



Entrepreneurs know they can do **ANYTHING** and **IMPROVE** at anything because their brains grow as they learn new things and practice new skills. We call this **GROWTH MINDSET**.

You show growth mindset when you:

- **Practice a new instrument even when it's hard.**
- **Try to solve a math problem in a new way.**
- **Come up with new ideas when old ones don't work.**

How do you show growth mindset at home, at school, or in your business project? Write or draw here.

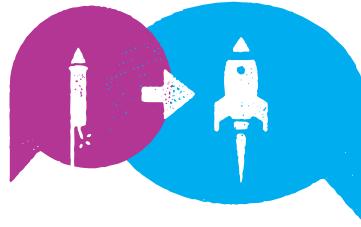


»» CAREGIVER:

The way you praise your child impacts growth mindset. They need to know that their brain can grow as they learn and practice new things. Instead of saying, "You're so smart!" try saying, "It's great that you worked so hard and improved your skills!"

ACTIVITY:

I USED TO BE...



Directions: Fill in the following sentences. This will help you see how much you've learned and changed in your life so far. Example: *I used to be afraid to swim, but now I'm on the swim team!*

I used to be _____ but now I am _____.

I used to be _____ but now I am _____.

I used to be _____ but now I am _____.

ACTIVITY:

TIMELINE OF LEARNING

Directions: Think about something you can do now that you haven't always been able to do. Draw pictures of your progress on the timeline below. Describe each picture in words.



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Beginning



Middle



Now

»» CAREGIVERS:

Talk to your kids about the difference between a growth mindset and a fixed mindset. A fixed mindset tells us we either are or are not good at something, while a growth mindset tells us that, with effort, we can develop skills needed to improve and succeed. Research supports having a growth mindset—our brains are able to change with practice!



ACTIVITY: 

TEACH YOURSELF SOMETHING NEW

It's easy to feel like you'll never be any good at what you're learning. But with a growth mindset, you know that you just have to keep trying in order to improve. Every time you try, your brain changes and learns more about what you're doing.

To practice this brain-building, you're going to teach yourself something new.

First, think about 3 things you've always wanted to learn to do. They don't have to be big tasks. Maybe you've always wanted to knit a scarf, speak a new language, or do origami.

List the things you'd like to learn.

1.
2.
3.

Now find a way to learn how to do one of those things. You can watch videos online, find a book at the library, or ask someone who knows how to do that thing already. Write down your plan for learning the task here:

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If at first you don't succeed, keep trying! After one week of learning the new skill, write about what it's been like to teach yourself something new.

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"You must do the thing you think you cannot do."

—Eleanor Roosevelt

"Anyone who has never made a mistake has never tried anything new."

—Albert Einstein

Reflection: A big part of growth mindset is knowing that making mistakes actually helps you learn. Think about some mistakes you've made and what you learned from them.

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CONCLUSION: >>>>>
This activity helped you see that you have growth mindset. There was something you couldn't do and you kept trying until you could. That's just what entrepreneurs do, too.

THIS SECTION WAS DEVELOPED IN PARTNERSHIP WITH SAN ANTONIO HISPANIC CHAMBER OF COMMERCE AND THE HISPANIC LEADERSHIP DEVELOPMENT FOUNDATION.



venturelab

I HAVE A
GROWTH MINDSET

.....
⤴ Your Name Here: ⤵

**has successfully practiced this
entrepreneurial mindset!**

Luz Cristal Glangchai

Luz Cristal Glangchai, PhD

Founder of VentureLab

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Date