

Our mindset is a big deal!

Our mindset consists of our thoughts and attitudes toward ourselves and the world around us. These beliefs shape how we perceive and handle everyday situations. Do we look at challenges as opportunities to grow or do we fall prey to self-defeating thoughts?

Fixed Mindset



The belief that we are born with a certain amount of intelligence or potential and that's it.

Growth Mindset



The belief that we are capable of working hard to increase our potential and intelligence.

Good News! We can change our mindset!

Instead of ...

I'm not good at this.
I give up.
I'll never be able to do this
It's too hard.
I always make mistakes.
I can't make this better.

Try thinking ...

What am I missing?
I'll try a different way.
I'm on the right track.
I will keep trying.
Mistakes help me learn.
I can always improve.

*It's okay not to know. It's not okay not to try.
Change your words, change your mindset.*