Resources for Developing a Growth Mindset

Deep Learning

BOOKS
• Success Mindsets by Ryan Gottfredson
• Mindset by Carol Dweck
• Can’t Hurt Me by David Goggins
• The Brain that Changes Itself by Norman Doidge
• Atomic Habits by James Clear
• Mindsets for Parents: Strategies to Encourage Growth Mindsets in Kids by Mary Cay Ricci & Margaret Lee

ARTICLES
• Unlocking Greater Success by Developing a Growth Mindset
• Research-Backed Benefits of Possessing a Growth Mindset
• Carol Dweck: A Summary of Growth and Fixed Mindsets
• Fixed vs. Growth: The Two Basic Mindsets That Shape Our Lives
• How To Learn Anything You Want In Just 20 Hours

Videos

DIRECTLY ON GROWTH MINDSETS
• Developing a Growth Mindset with Carol Dweck (9:37)
• The Power of Believing that You Can Improve – Carol Dweck (10:24)
• The Power of Belief – Mindset and Success – Eduardo Briceno (10:51)
• How to Get Better at the Things You Care About – Eduardo Briceno (11:23)
• How to Build a Growth Mindset (18:05)

NEUROPLASTICITY
• Neuroplasticity (2:03)
• After Watching This, Your Brain Will Not be the Same – Lara Boyd (14:24)
• Discover How to Rewire Your Brain with Neuroplasticity (6:21)
• Improving Our Neuroplasticity – Dr. Kelly Lambert (19:41)
• Neuroplasticity and Learning Explained (2:55)
• Mindfulness, Neuroplasticity (3:50)
• Neurohacking: Rewiring Your Brain – Don Vaughn (20:01)
Writing Exercises

- Identify the skills where you have gone from poor to proficient
- Identify a time where you took on a challenge, initially failed, yet persisted until you were successful
- Identify a time where you failed and greatly benefitted from it
- Identify a time where you failed and failed to learn from it. How could you have handled that better?
- What growth-minded advice would you say to someone who is struggling with something that doesn’t come naturally?

Discussion

- Try to describe to someone the difference between a fixed and a growth mindset
- Try to describe why having a growth mindset is so beneficial and why having a fixed mindset can be so detrimental.
- With a partner or group, ask and answer:
  - When was an instance where you or your team had a fixed mindset and how it affected you personally and the broader group?
  - When was an instance where you or your team had a growth mindset and how it affected you personally and the broader group?
  - What changes do we need to make to make it safer for us to fail without fear?
  - What benefits have come from our failures?
  - Are we more concerned about looking good or on learning and growing? What evidence do we have for either?
  - Is our culture fueling more of a fixed mindset or more of a growth mindset?
  - Who is someone that you know that has a fixed mindset? How does that limit them?
  - Who is someone that you know that has a growth mindset? How does that empower them?

Self-Talk

- Instead of saying, “I can’t do it,” say, “I can’t do it, yet.”
- I can be brave. I am strong.
- I can do anything I put my mind to
- When I ask questions, I learn
- Mistakes help me improve
- New things are opportunities for me to learn
- I can choose to try again
- Unsuccessful attempts are all part of the process

Additional Resources:

- [25 Simple Ways to Develop a Growth Mindset](#)