

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* by Mary Cay Ricci & Margaret Lee](#)
- [*You Can Change Other People* by Howie Jacobsen & Peter Bregman](#)

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 \(18:05\)](#)



OUR CHANGABILITY

- [Neuroplasticity \(2:03\)](#)
- [You don't actually know what your future self wants - Shankar Vedantam \(14:09\)](#)
- [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

MINDSET MASTERY

- 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.

MINDSET AWAKENING

- 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?
- Is there any evidence that we have any of the following fears?
 - » Fear of:
 - ▷ Failure
 - ▷ Looking back
 - ▷ Letting go of what has worked in the past
 - ▷ Embracing something new and unproven
 - ▷ Not being valued
 - ▷ Losing respect
 - » While these fears may be protecting us in some way, how are they holding us back?

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
- If I am not failing, I am not trying hard enough

Additional Resources:

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