Behaviors & Skills

Tonight...
Explore **who you are and what you believe** that drives your behaviors.
CAN

I CAN

FIGURE

IT OUT

CANNOT
In your own words, **define** fixed and **growth** mindsets.

**Determine** your current mindset.

**Identify** 2 **Life Areas** to move from a fixed to a growth mindset.

**Develop a Mantra** for moving from a fixed to a growth mindset.
“Growth Mindset vs. Fixed Mindset” (2:19 min.)

https://www.youtube.com/watch?v=M1CHPnZfFmU
“LearnStorm Growth Mindset: The Truth About Your Brain” (3:12 min.)

https://www.youtube.com/watch?v=rf8FX2sI3gU
WHO or WHAT determines our mindset?
IN YOUR OWN WORDS...

Define a **FIXED** mindset.

Define a **GROWTH** mindset.
Is our MINDSET CONSISTENT across ALL knowledge, skills, & attitudes?
FIXED → GROWTH

- Identify **ONE AREA** of life where you currently have a fixed mindset.

- What steps are required to move from a **FIXED** to a **GROWTH** mindset?
What’s your mantra?
How or when will your mantra be needed in the next few weeks?