

Grit/Growth Mindset

What is Grit?

Grit is **passion** and **perseverance** for very long-term goals

What is growth mindset?

When people believe that their most basic abilities can be developed through **dedication** and **hard work**

How to develop grit

- 1 discover your interests
- 2 discover what your purpose is
- 3 be optimistic
- 4 clarify your goals
- 5 have a growth mindset
- 6 join a "gritty culture"

Develop a growth mindset

- 1 praise wisely (for progress/strategy)
- 2 Know that challenges=opportunity
- 3 focus on actions, not results
- 4 Use the word "yet" more often
- 5 embrace imperfection
- 6 practice gratitude!

How can parents help their teens develop grit/growth mindset?

- 1 don't praise teens based off of their accomplishments
- 2 encourage your kids to follow their passions
- 3 help your kids to be optimistic!

