



5 TIPS TO CULTIVATE A GROWTH MINDSET

#1

Acknowledge and embrace imperfection

Acknowledge and embrace imperfection in self and others, as it is the spice that makes us individuals. We all have our flaws, peculiarities, and weirdness—our imperfections. Our imperfections make us unique. And self-love is a good thing.



#2

Pay attention to your words and thoughts

Start to pay attention to the words you speak, even the words in your mind. If your words are low or dark, the results may be also. So watch yourself. Listen to what you are saying and thinking. Censor yourself and become your own guide.



#3

Stop seeking approval from others

Approval from others can often prevent a growth mindset. Cultivate self-acceptance and self-approval. Learn to trust yourself. You are the only person who will always be there for you in your life so you are the only one you need to impress.



#4

Redefine “genius.”

We all have strengths and weaknesses. Explore and appreciate your strengths, and work to improve your weaknesses. This effort can help you build a growth mindset.



#5

“Not yet” is OK.

When struggling with a task, remind yourself that you just haven’t mastered it “yet.” If you stick with it, time and practice will lead to improvement and self-development.

