

Positive Minds; Online

Growth Mindset and Moving Forward

A mindset is an established set of beliefs or attitudes that are held by someone. They will determine how you think, approach a task and cope with challenges.

Fixed Mindset describes a mindset where people believe that their basic qualities like intelligence or talent are fixed traits and cannot be improved and will often use excuses. They have an "I can't" attitude.

Growth Mindset people have underlying belief that their learning, abilities and intelligence can grow with experience and time. Where they are now or who they are now can be developed and improved. People with a growth mindset have an "I can and I will" attitude.

Welcome to Week 5 of Positive Minds; Online. For Week 5 we are looking at a growth mindset, goal-setting and effective conversation.



Goal Setting Task

It is important for everyone to have individual goals they would like to achieve to help us feel connected, important and to have good Mental Wellbeing. Having goals enables people to develop a growth mindset, have a sense of purpose and of course increase their confidence once that goal is achieved.

The first task we would like for you is to think of 3 goals you would like to achieve and write them below. They could be short term

(within the next couple of weeks/months) or long term (years).

When setting your goal, it is important that they are "SMART".

- Specific** – related to a certain goal/target
- Measurable** – Can you judge improvement?
- Achievable** – can it actually be completed?
- Realistic** – Is it a sensible goal?
- Time based** – Is the time-frame realistic?

