

## How to develop a Growth Mindset

Watch this video & answer the following questions:

<https://vimeo.com/142378753>

1. What happens in our brain when we learn something new?
2. Define neuroplasticity:
3. After watching this video, do you agree that we can always learn & increase our knowledge/skills? Why or why not?
4. Describe a time when you learned something new & improved over time:

Watch this video & answer the following questions:

<https://www.youtube.com/watch?v=75GFzikhmRYo&t=277s&pbjreload=101>

1. Compare & contrast three differences between a fixed mindset & a growth mindset:
2. What happens when we allow ourselves to make mistakes?
3. Why is it important to push through challenges in life? How will doing so positively impact your life?



**IT'S ALWAYS ABOUT A GROWTH MINDSET. THAT'S WHAT US FOUR ALWAYS TALK ABOUT... GROWTH MINDSET**

**IT'S THE FACT THAT YOU KNOW THAT YOU CAN GET BETTER, EVEN AT OUR AGE, EVEN WITH OUR ACCOLADES, EVEN WITH WHAT WE'VE DONE IN OUR CAREERS.**

**WE STILL FEEL LIKE WE CAN IMPROVE.** LEBRON JAMES NEW YORK POST

Write a one-paragraph respond to this quote from LeBron James. He's one of the best professional basketball players in the world. Based on what you've learned in these lessons, why would he think it's important to have a growth mindset? Do you agree with him? Why or why not? What are some areas you can apply the growth mindset principles so you can improve & grow?

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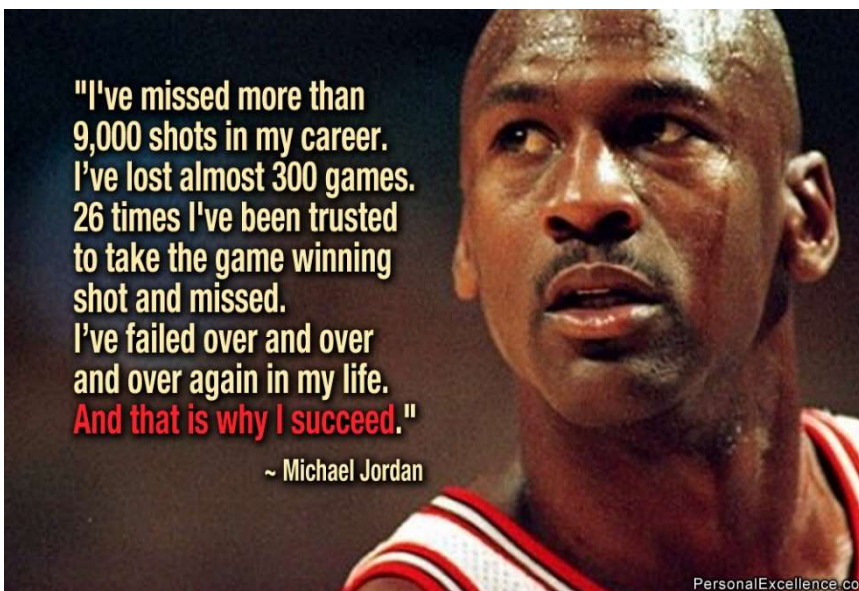
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**"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."**

~ Michael Jordan

PersonalExcellence.co

Read this quote. How does "failing" help us to grow?

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