

GROWTH MINDSET 

Skills are **built**, not born.

A learning session on mindset, resilience, and growth 

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Three questions guide today



What is a growth mindset?



Why does it matter?



How do we build it?

01

What is a growth mindset? 🌱

TWO MINDSETS

Same moment, two responses

GROWTH

Grows with effort

- ✓ Embraces challenges
- ✓ Sees effort as the path
- ✓ Persists through setbacks
- ✓ Learns from feedback
- ✓ Inspired by others

FIXED

Fixed at birth

- Avoids challenges
- Sees effort as fruitless
- Gives up easily
- Ignores feedback
- Threatened by others

A QUICK SELF-CHECK 🚗

Where's your mindset today?

Take a short self-assessment, then find your range:

22–30

Strong growth mindset ✨

17–21

Growth, with some fixed ideas

11–16

Fixed, with some growth ideas

0–10

Strong fixed mindset

02

How do we build it? 🚀

IT STARTS WITH HOW WE PRAISE 

Praise the process, not the person



PERSON PRAISE

“You're so smart!”

Ties success to a fixed trait — so the next setback feels personal.



PROCESS PRAISE

“Your hard work paid off!”

Ties success to effort — something they can repeat and build on.

WHEN THE FIXED VOICE SHOWS UP 

Notice it. Name it. Adjust.



Embrace it

We all have a fixed-mindset voice — notice it without judgment.



Find the trigger

Learn which situations tend to set it off.



Reframe

Pause, and choose a growth response instead.

Turn a fixed thought into a question

"I tried and failed."



What could I try differently next time?

"I'm just not good at this."



How can I practice and improve?

"It's too hard."



What would more time and effort make possible?

"There's not enough time."



What's one small first step I can take?

Set a GROW goal

G

Goal

What do you want to
achieve?

R

Reality

Where are you now?

O

Obstacles

What's in the way?

W

Will

What will you do — and
when?



Be better tomorrow than we are today.

Growth is a practice — keep going, especially after mistakes. 💪