

# PERSEVERANCE- GROWTH MINDSET

Practicing perseverance means that a person doesn't give up on something just because it gets hard or challenging. One way we can learn to grow our ability to persevere, is to practice a **GROWTH MINDSET**. A Growth Mindset means that we train our brains to understand that we are always learning- our skills and abilities are not "fixed", but rather they are something that we can always **GROW!** When things get challenging, a growth mindset can help us to persevere because it can help us realize that a challenge is not a failure or a set-back- it is a normal and **HEALTHY** part of learning!

We are going to practice helping our karate friend her, who is feeling sad and stressed. They have been stuck in a "fixed" mindset and are worried that they are not good enough. Let's help them flip some of the negative self-talk to some positive, growth mindset phrases!



Fixed Mindset Phrases	Growth Mindset Phrases
"I'm not good at math."	➡
"I give up!"	➡
"I don't want to make a mistake."	➡
"My classmate can kick higher than me so I must not be a good kicker."	➡
"I don't know how to do this so I am not going to try."	➡
"This new stuff is too hard."	➡

