

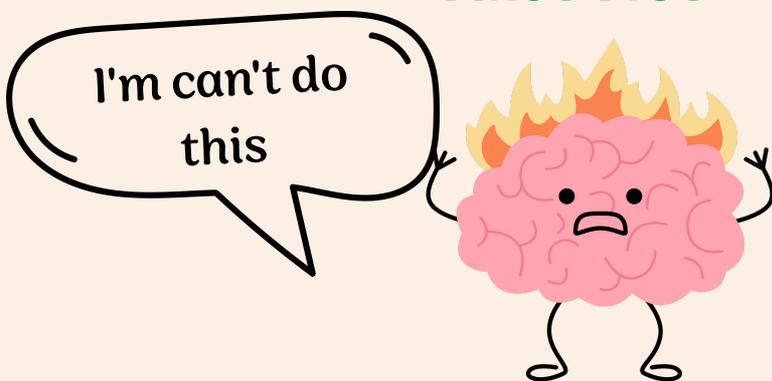
Growth Mindset in The Real World

A growth mindset is simply the belief that your abilities aren't fixed, they're flexible, trainable, and always in motion.

It isn't about being endlessly positive, it's about believing you can learn, stretch, and evolve one tiny step at a time.

Meet Your Inner Duo

Fixed Fred



Fred is **identity based**. He shrinks, avoids and assumes the struggle is permanent

Growth Grace

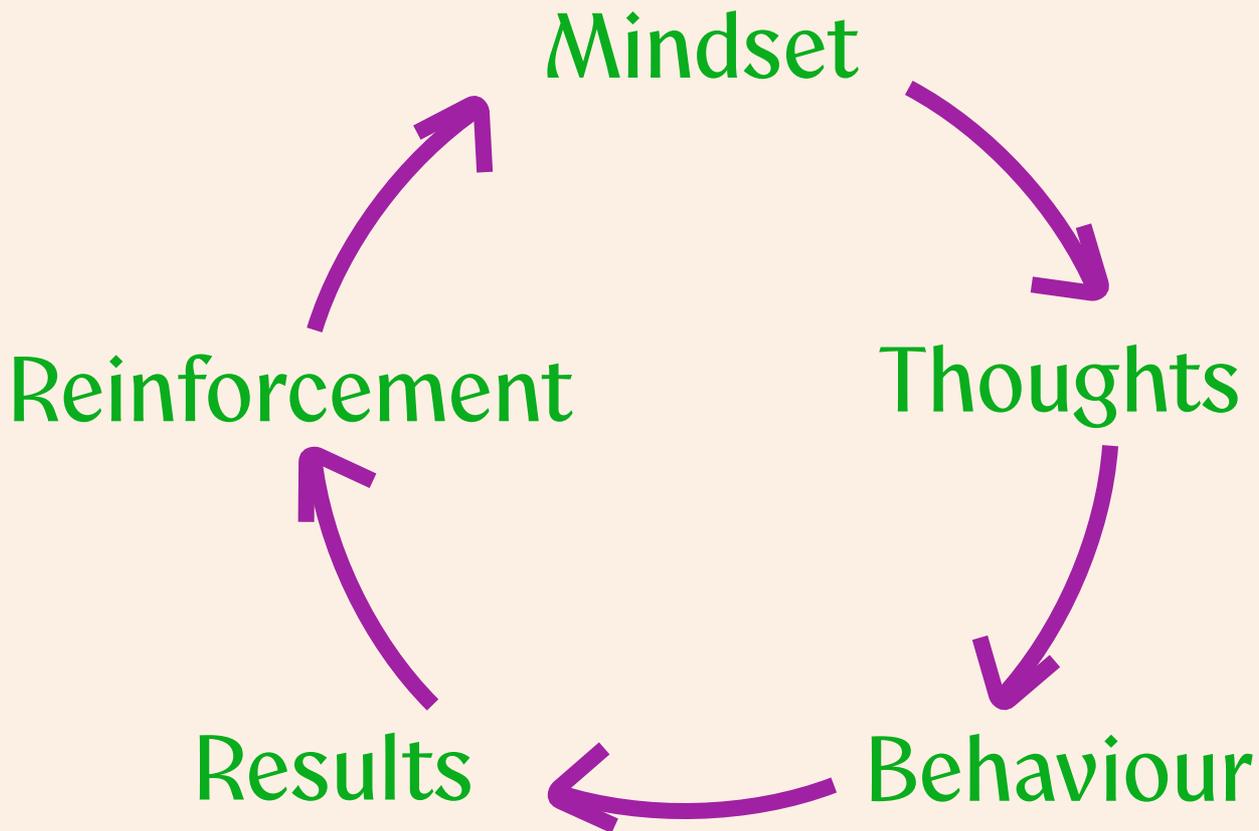


Grace is **possibility based**. She experiments, stretches, tries again and sees effort as progress

Neither is right or wrong, they simply show up depending on pressure, energy and context

The Mindset Loop

Your mind shapes everything downstream...



When Fred's in charge, thoughts shrink, behaviour gets safer, results flatten.



When Grace leads, curiosity grows, behaviour expands and results improve.

It's a loop not a verdict. Awareness is what breaks the cycle

The Reframe Toolbox

Tiny tools that shift you from fixed to growth in real time...



The Yet Hammer

“I can’t do this... yet.”



The Try Again Ladder

“If it didn’t work, I can try a different way.”



The One Step Torch

“What’s the next tiny step I can take?”



The Data Magnifying Glass

“Mistakes aren’t failure, they’re information.”

Re-framing isn’t pretending everything’s fine,
it’s giving yourself a doorway back into
possibility

Mini Reboot Practice

Growth mindset isn't built in big heroic moments, it's built in tiny, consistent habits.

Micro-wins

Notice what improved, not what you achieved.

Curiosity Questions

"What's the next tiny step?" "What can this teach me?"

Curiosity Over Judgement

Where did I stretch today?

Environment Check

Who and what supports my growth?

Growth mindset isn't about being positive, it's about staying open. It's choosing curiosity over certainty, even when things feel crunchy. It's giving yourself permission to try, learn, wobble, and keep going.