

Why does what I think matter?

In today's culture, we all like instant results.

Sometimes, we can be quick to give up when faced with a hard problem, but that doesn't help us achieve our goals. Research has shown that a growth mindset drives motivation and achievement, and has also found that when people believe they can improve their abilities, they come to learn that effort makes them stronger than those with fixed mindsets (1). This outlook encourages those that practice a growth mindset to put more time and effort into meeting their goals, overall leading to higher achievement rates in their lives (2).

As followers of Christ, we are called to trust in the plans that the Lord has for us and know that all things work together for good to those that love God (Romans 8:28). God puts us in tough situations to humble us, grow our faith, and allow us to rely on

Him and Him alone. James 1:2-4 tells us "Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow; for when your endurance is fully developed, you will be perfect and complete, needing nothing." The next time you face a trial, remember to whom you belong and try using the growth mindset!

(1-2) Growth mindset. The Decision Lab. (n.d.).
<https://thedecisionlab.com/reference-guide/neuroscience/growth-mindset#>

The Power of Positivity

"For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many." Mark 10:45



SavedOne Outreach

What is a fixed mindset

A fixed mindset is best described as someone who could be stuck in their own ways. We all know someone like this - a bit stubborn, afraid to try new things because they might fail, often appearing to know it all, because they don't want to look "weak". This person might seem to have an overall negative outlook.

"there is nothing better for people than to be happy and to do good while they live"
Ecclesiastes 3:12

What is a growth mindset?

A growth mindset is best described as the "positive polly." This person doesn't come to a challenge without their positive vibes and always puts their best foot forward. A person with a growth mindset looks for the silver lining in any situation they find themselves in and is constantly trying to learn, grow, and better themselves.

Fixed Mindset

- 1) I've made too many mistakes, I'm a failure.
- 2) Jane has so much going for her, I'll never be that successful.
- 3) This is too hard, I can't do it.
- 4) So many things are changing, it's hard to keep up.
- 5) See effort as negative

Growth Mindset

- 1) I can learn from my past mistakes and do better moving forward.
- 2) I am inspired by Jane. She has come so far.
- 3) It will get easier, as long as I keep trying my best. I can learn new ways of doing things to meet my goals.
- 4) The only constant in life is change, I am in a safe space to learn the healthiest ways to cope and continue growing. I can always lean onto Jesus, whose love for me never changes.
- 5) Focus on ways to constantly improve

Focus Verse

"No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us." Philippians 3:13-15

2) "A peaceful heart leads to a healthy body; jealousy is like cancer in the bones." Proverbs 14:30

3) "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessings if we don't give up." Galatians 6:9

4) "Jesus Christ is the same yesterday, today, and forever." Hebrews 13:8

5) "We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us."

Romans 5: 3-5