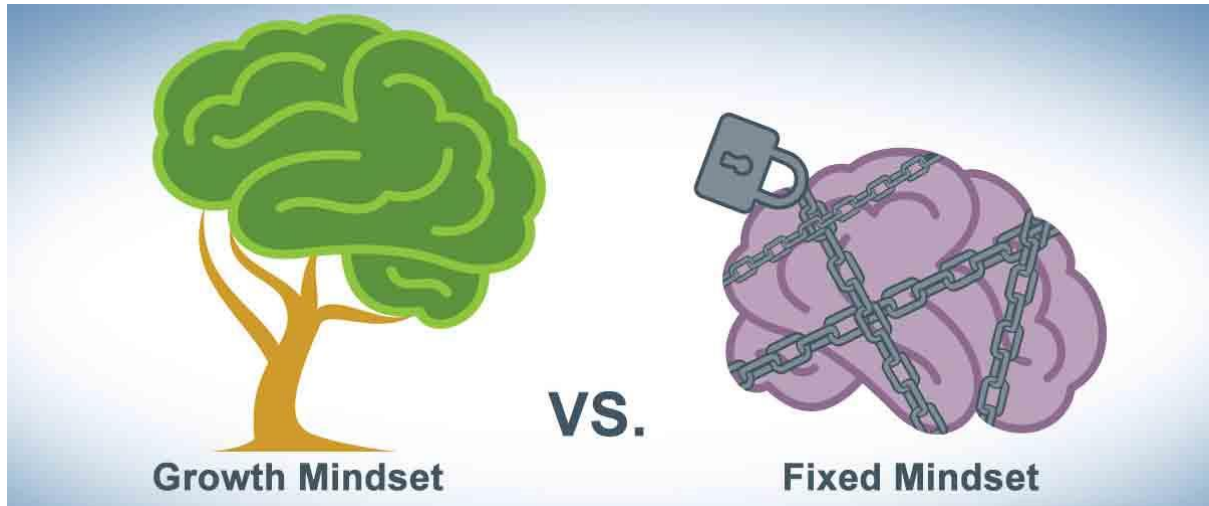


# Wellbeing Tip of the Week

## Growth mindset vs. Fixed mindset



Psychologist, Carol Dweck, identified two types of mindset: growth mindset and fixed mindset. Growth mindset is the belief that we can “grow” our abilities through hard work, a willingness to learn and being open to feedback. Fixed mindset is the belief that we can’t change or improve.

Research has shown that a growth mindset allows people to navigate stress more effectively and can lead to higher levels of wellbeing. To achieve growth mindset, we need to:

- Accept our imperfections
- See challenges as opportunities for self-improvement
- Replace the word “failing” with the word “learning” – when we make a mistake, we haven’t failed, we’ve learned
- Value the effort we have put in, over the end result

Practice one of these ideas each week to help you achieve a growth mindset.

**“I haven’t failed. I’ve just found 10,000 ways that won’t work.”** *Thomas Edison*