



Give Growth Mindset a Try

The desire to grow can drive and motivate to produces results.

If you see the glass half full you have a growth mindset. If you see the glass half empty, you have fixed mindset.

A growth mindset is the belief that a person can develop skills and abilities through practice and perseverance (e.g. studying, setting goals, hard work, and accepting constructive feedback).

In fact, if we believe that we can change and show willingness to do so, we have a growth mindset muscle.

In a growth mindset, it's okay to fail. Not only is it okay, it's encouraged.

Only failure can teach us the difference between what works and what does not.

You can train your mindset to move into the Growth Mindset space by trying out the 10 tested practices:


1. Take ownership of your behaviour.
2. Focusing on Effort and Deliberate Practice
3. Acknowledging and embracing imperfections.
4. Facing your weaknesses & view challenges as opportunities.
5. Replacing the word "failing" with the word "learning."
6. Focusing not only on the result but the process as well.
7. Praise when something smart is done, not just on being smart.
8. Take criticism positively.
9. Praise others efforts and success.
10. Using the word "yet."(Which means in progress..)

"Don't worry about Failure. Worry about the chances you miss when you don't try."

Sherman Glenn Finesilver

DR. Priya D'souza

Vice Principal



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about failure.
Worry about the
chances you miss
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even try.”

– Sherman Finesilver

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