

# Growth Mindset Beliefs Guide

- Focus on growth, not perfection and getting it right
- Failure is an opportunity to challenge yourself and grow
- Everyone can grow and be better
- Your success does not make someone else less than; and others' success does not make you less than
- Hard work and effort is a commitment to growth. It does not mean you are lacking.
- Always embrace learning something new and know this is a lifelong process
- Setbacks are motivating, information, a wakeup call
- You are in charge of your process and you will take ownership of maintaining it
- Rejection can bring out about positive experiences including learning to forgive, learn from it and move on
- Learn to love the process and not be as focused on the outcome only
- Your beliefs about yourself are key to your own happiness
- You can and should have high standards, but also take care of yourself in a nurturing way.