

## Writing Your Growth Mindset Story

Sharing a personal story with students about how having a growth mindset helped you accomplish something challenging can be a powerful way to model what having a growth mindset means. It's important to make sure the story emphasizes all the key elements of what having a growth mindset involves like working hard, trying new strategies, seeking help, and learning from mistakes. This activity is intended to help you identify and refine a story from your own life that you could share with your students. Take a few minutes now to recall a time when you were struggling to overcome a challenge or when you decided to learn something new that was hard for you. **Respond to the prompts below:**

Describe a challenge you faced or a new skill/knowledge you wanted to learn.

Why did you want to take on this challenge? What motivated you?

Did you have any moments of feeling discouraged? Did you have a negative voice telling you to give up at any point? If so, what helped you persevere?

Did you make any mistakes along the way? What did you learn as a result?

What strategies were most helpful? How did you figure out what strategies to use?

Were there others who helped you or cheered you on? What did they do? How did this help you?

Did your success help others in any way? How?