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 the challenge you were facing or the 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?**

- **Where there others who helped you or cheered you on? What did they do? How did it help?**

- **Did your success help others in any way? How?**