GRIT

10 Questions to Promote a Growth Mind-Set

Carol Dweck is the author of several books about having a “Growth Mind Set”. *Mindset: The New Psychology of Success* is one of them. As a result of her writings and workshops, she poses several questions about this topic that might be very helpful for adult learners. These questions can nurture a growth versus a fixed mind-set mentality. Ask yourself the following questions perhaps a few on a daily basis:

1. What mistake did I make that taught me something?
2. What can I learn from something I did that did not turn out the way I would have liked it to?
3. What strategy am I going to try now as I reflect on how to have a better outcome?
4. What happened that will make me keep on going?
5. What will I do to solve this problem or problems like this in the future?
6. What did I do today that made me think deeply?
7. What will I do to challenge myself even more today or tomorrow?
8. What will I do to improve the talents I need to improve my opportunities to realize better outcomes?
9. What will I do to improve the way I work?
10. What can I say I tried hard at today, and did my best work?