



Four Steps for Developing a Growth Mindset in Your Writing

1. Challenge Your Fixed Mindset

- a. Do you ever say, "I've always been bad at writing" to yourself?
- b. This is just your fixed mindset and inner critic - you can change the script!
- c. Acknowledge and accept that some struggling and frustration is a normal feeling.
- d. However, we can CHOOSE to take actions that align with our goals and values instead of believing that old narrative.

2. Recognize that You Have a Choice

- a. Become aware that two mindsets exist - Fixed and Growth.
- b. Then, embrace the Growth Mindset.
- c. Recognize that you have the ability to overcome your discomfort with writing and feel confident!

3. Listen to Yourself

- a. Practice self-care.
- b. Pay attention to what is nurturing and helpful while learning and writing.
- c. Give validation to your frustrations.
- d. Remember, there are many emotions in the learning process.
- e. Positive emotions include: happiness, curiosity, and creativity.

4. Take Action!

- a. Create reasonable and achievable goals.
- b. Remember to utilize your new tools and strategies.
- c. Seek support from others.
- d. Take breaks.
- e. Recognize your progress and your NEW Growth Mindset.