



Growth Mindset Activities – Action Planner

Well done! You're on the path to success with this **Growth Mindset Activities Action Planner**.

You've probably already read our '**Growth Mindset Activities**' post. Now it's time to plan your moves, take action, and accelerate your success.

Here's how cultivating a growth mindset can help you:

The five big benefits of cultivating a growth mindset are

1. Feeling more comfortable during times of change
2. Higher levels of personal motivation
3. Lower levels of stress, anxiety, and depression
4. Improved work relationships
5. Higher levels of performance



Use this planner as a living document, come back to it as you make progress and reuse it to plan your next steps.

And if you'd like to have a buddy as you move forward, you're welcome to share this PDF with other people. Sharing the experience is a great way to help yourself and others too!

Step 1: Choose your focus

We recommend you focus on one growth mindset activity at a time, as you're more likely to make progress if you start with small steps. Start by reviewing the categories below, which seem most relevant to you?

- I want to relax and have fun with growth mindset
- I want to integrate growth mindset into my work
- I want to learn more about growth mindset and related skills
- I want to use reflection to learn and grow
- I want to cultivate a growth mindset by exploring my purpose

Remember, choose to focus. You can come back to the other categories later, cultivating growth mindset is a journey!

Step 2: Bring some 'newness' into your life

Whichever category you have chosen to focus on, go to that section, below. Then follow the instructions to further focus your plan.

I will relax and have fun with growth mindset

Review the activities below and select one to focus on:

- Playful learning:** I will learn to draw, or juggle, or do Sudoku, or anything else that intrigues me!
- Refresh my routine:** I will try and cook something I've never tried before. Or try a new walk or exploring some new avenues. Or maybe I'll pick up a new newspaper. Anything that shakes up my day a little with new activities.
- Try a 30-day challenge:** I'll extend the fun into a **30-day challenge**. This is a great way to establish a new habit as part of my commitment to a growth mindset.
- Be inspired by the success of others:** I'll learn about and celebrate the success of others, this is a great way to embrace my own growth mindset. I'll look around and identify the people in my network that inspire me. I'll spend more time with them, be curious and ask them about their life.

Take some time to explore the links and do further research too if you wish. Then write down what you plan to do, and when:

I will integrate growth mindset into my work

Review the activities below and select one to focus on:

- Seek feedback:** I will take the time to look at [how to request feedback from my coworkers](#), it provides a step-by-step guide to make seeking feedback part of my daily routine. I'll use the feedback to learn and grow!
- Practice using positive language:** I'll take a look at these [positive language examples](#). If I can get into the habit of using this positive language it will help me to cultivate a positive attitude (which is integral to a growth mindset!). It's all about cultivating 'learned optimism'.
- Be curious:** I will ask [big, open questions](#) as a strong foundation for a growth mindset. It's a great way to cultivate my curiosity, it encourages those around me to share their thoughts and gives me the opportunity to learn. Of course, I need to be able to listen to the answer too!
- Practice listening:** I'll show interest in others by becoming a better listener. I'll take the time to explore these 8 tips to [improve my listening skills](#), or take inspiration from the [Chinese character for listening](#).

Take some time to explore the resources and do further research too if you wish. Then write down what you plan to do, and when:

I will learn more about growth mindset and related skills

Review the activities below and select one to focus on:

- Explore neuroplasticity:** I'll explore the basics of neuroplasticity. I'll be curious about how my brain can grow and strengthen itself based on how I think!
- Learn to learn:** I will take the opportunity to develop my learning capabilities. Learning to learn is a great activity to strengthen my growth mindset. I'll look for an online course, for example: [learn how to learn](#).
- Improve my memory:** another great investment is to improve my memory. This makes it easier to acquire other skills and has a lot of other benefits too. I'll explore further and might try this [mindvalley masterclass](#).
- Teach back growth mindset insights:** a great way to consolidate my learning is to share it with others. I might start by sharing the growth mindset / fixed mindset model with my colleagues! This creates the opportunity for me to reflect on what I have learnt and consolidate key insights.

Take some time to explore the resources and do further research too if you wish. Then write down what you plan to do, and when:

I will use reflection to learn and grow

Review the activities below and select one to focus on:

- Schedule a daily or weekly reflection:** I might find 10-15 mins at the end of each day, or perhaps schedule 30 mins each Friday morning (for example). I'll consider what works best for me, then stick with it (though if I miss one or two sessions, I'll go easy on myself!).
- Keep a diary:** this is a natural extension of daily reflection. Keeping a diary will allow me to look back for connections and patterns, to further develop my self-awareness and learning. The diary doesn't have to be a daily activity, and it doesn't have to be an onerous commitment, I'll aim to enjoy it!
- Enjoy some quite discussion:** I'll find the right person and enjoying some quiet sharing about my progress. I'll introduce the growth mindset vs fixed mindset model, share my thoughts and experiences, and ask them reflective questions... I'll learn through sharing and discussion!

Take some time to explore the resources and do further research too if you wish. Then write down what you plan to do, and when:

I will cultivate a growth mindset by exploring my purpose

Review the activities below and select one to focus on:

- Find purpose in my work:** I can choose to see work as 'just work', or I can choose to see it as having a bigger purpose. I'll work to explore that bigger purpose.
- Reflect on how I want to be remembered:** I'll write down my desired **leadership legacy**, in the form of a eulogy. It will help give me the inspiration to learn, grow and strive towards this goal.

Take some time to explore the resources and do further research too if you wish. Then write down what you plan to do, and when:

The key is to bring some 'newness' into your life and be mindful of the experience.

Step 3: Reflect on your experience and go again!

After you have made progress with the activity, take a moment to reflect. How did you feel before the activity, during the activity and after the activity? Capture your experience here:

How positive was this experience of 'newness' in your life:

Very negative

Neutral

Very positive

Now, go back to step 1 and start again. The more you bring newness into your life, the more you'll enjoy the experience. You'll cultivate a growth mindset and experience the benefits of a fuller, richer life!

