

## Developing or strengthening a Growth Mindset



Use this activity to help you trigger your own Growth Mindset into activities where you know there's room for development.

In the 3 yellow boxes, write or draw a professional skill or ability related to your growth mindset that you and your Line Manager would agree you are strong at.

In the white box, write or draw a professional skill or ability that you and your Line Manager agree you need to develop which will contribute to evolving your growth mindset.

For each of the areas you are strong at, write in the relevant box HOW you learned, developed or achieved that level of capability e.g. working on a project, coaching from my Line Manager, jumping in to have a go with the support of my team.

Reflect on what works for you and therefore, HOW you can start to develop your capability and confidence to move up the Growth Mindset Continuum.

1 We agree I'm good at ...

2 We agree I'm good at ...

3 We agree I'm good at ...

4 We agree I need to develop at ...

1 How I developed this capability ...

2 How I developed this capability ...

3 How I developed this capability ...

4 How I **commit to** develop this growth related capability is ...

After doing this exercise, how do you feel about moving up the continuum?