

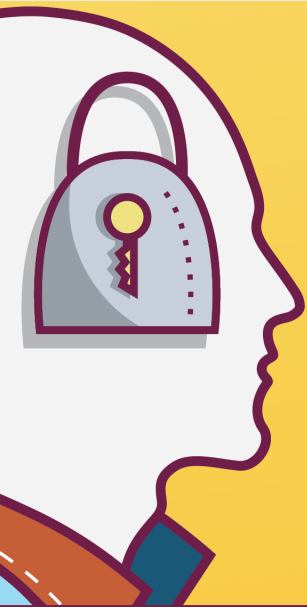
((G R O W T H)) MINDSET

Belief that one's talents can be developed through hard work, good strategies, and input from others.

FIXED MINDSET



GROWTH MINDSET



Avoids challenges

Quits easily

Believes efforts are worthless

Ignores criticism

Feels threatened

CHALLENGES

OBSTACLES

EFFORTS

CRITICISM

SUCCESS OF OTHERS

Embraces opportunities

Overcomes setbacks

Masters the task

Learns from criticism

Feels inspired



Criticism, feedback, and praise influences the development of a growth mindset.

Be aware of the feedback you give to others. Use effective criticism and praise to help your Soldiers, coworkers, Family members, or friends develop a growth mindset by:

- 1** Identifying the process, behavior, or strategy that was ineffective.
- 2** Praising them on the process, skill, strategy, or effort used to enable their success.
- 3** Providing information on how to avoid the mistake in the future.
- 4** Offering suggestions or an alternative on how to improve.



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience