



5 Learning Techniques For A Growth Mindset

Thinking In Terms Of Processes Rather Than Identities Or Labels

1. Wise Storytelling

Why it works: Hearing or reading a short success story reminds us that everyone starts somewhere—and improves with practice.

- Read this quick story:

“When I first began drawing, my stick figures looked... well, stick-like. But I watched tutorials, *sketched every day*, and asked for feedback. Six months later, people asked *me* for drawing tips!”

- Underline the moment of change (“I sketched every day...”).
- Jot down one small step you could take today toward your own goal (e.g., “Practice for 10 minutes,” “Ask a friend for feedback”).

2. Self-Persuasion Writing

Why it works: Writing about your own wins helps the brain believe we can grow.

- Write one paragraph about a time you struggled but eventually succeeded.
- Focus on **what you did** (the steps you took), not just the outcome.
- Read it aloud to yourself.

3. Reframe Stress as Helpful

Why it works: That racing heart? It’s your body gearing up to perform—like revving a car engine.

- Next time you feel butterflies, say to yourself: “This is my body preparing me to shine.”
- Notice how nervousness turns into energy that helps you focus.

4. Celebrate Effort (the Process), Not “Talent” (An Identity or Label)

Why it works: Linking hard work to **progress** teaches the brain that effort builds skill.

- Whenever you tackle something tough, remind yourself: “Struggle = the brain rewiring.”
- Share one effort-focused win: “I kept going on my presentation practice, and I felt more confident!”

5. Praise the Process (Daily)

Why it works: When we highlight *how* something is done—strategies, persistence—we reinforce the behaviors that lead to growth.

- Catch yourself or others in the act: “You really **figured out** that tricky problem!” or “I admire how you **kept going**, even when it got hard.”

👉 [Visit my blog](#) for more free resources, or [schedule a 15-minute strategy call](#) to explore how we can elevate your mindset and catalyze lasting change.

Disclaimer: The above shares ideas in exploring personal progress as derived from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether these ideas, concepts, techniques & activities are right for you and always confer with your health professionals.

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