



# BRAIN HACKS FOR LIFE

## GROWTH MINDSET

“Believing that your qualities are carved in stone creates an urgency to prove yourself over and over.

If you have only a certain amount of intelligence, a certain personality, and a certain moral character, well then you’d better prove that you have a healthy dose of them.

It simply wouldn’t do to look or feel deficient in these most basic characteristics.”

- Carol Dweck



Find more resources from Caterpillar's Employee Assistance Program at [EAP.cat.com](http://EAP.cat.com).



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Your basic qualities are things you can cultivate through your efforts.

Although people may differ in every which way in their initial talents and aptitudes, interests, or temperaments, everyone can change and grow through application and experience.

A ***growth mindset*** can actually change what you strive for and what you see as success. By changing the definition, significance, and impact of failure, you change the deepest meaning of effort.

1. The power of “not yet”
2. Acknowledge and embrace imperfections
3. View challenges as opportunities
4. Learn how to fail well
5. Replace the word “failing” with the word “learning”
6. Stop seeking approval
7. Value the process over the end result

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