



# BRAIN HACKS FOR LIFE

## GROWTH MINDSET – PART 3

The quality of life you live is directly proportional to the quality of questions you ask... about yourself, others, and the world!

- Highlight the relationship between learning and “brain training” – the brain is like a muscle that needs to be worked out.
- Cultivate *grit* – determination and stick-to-itiveness lead to learning.
- Become more and more comfortable with being uncomfortable.
- Learn from others’ mistakes – humans often share the same weaknesses.
- Make a new goal for every goal accomplished – you’ll never be done learning!
- Take risks in the company of others – letting others see your humanness gives them permission.
- Think realistically about time and effort – it takes time to learn, and you will never master everything.
- Take ownership over your attitude – glory in your **growth mindset!**

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