

## TOPIC: DEVELOPING A GROWTH MINDSET

### Benefits of a Growth Mindset

- Learn from challenges
- Motivation to keep going

### Impact on Your Work

- Motivates you to solve hard problems
- Opens a path to uncover other solutions

### Three Ways to Help Yourself

1. The power of “yet.” There’s a huge difference between saying, “I’m not good at this,” and “I’m not good at this, yet.” It suggests you are working to get there with hard work and resilience.
2. Reflect and ask yourself what you would do differently next time. This stops you from dwelling on the past and focusing on what you can do to improve in the future.
3. Try new things. Have a sense of curiosity and courage. Sometimes *new* equals *the unknown*, which can be scary. Sometimes, new experiences can be rewarding and exciting.



### Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>

**Never give up! Never surrender!**