

WELLBEING ACTIVITY



MINDSET
GROWTH MINDSET



"I change myself,
I change my world."

M. K. Gandhi
Leader in the philosophy of
non-violent resistance and
social change



Contents

Welcome	2
INTRODUCTION	2
.....	
Mindset	3
GROWTH MINDSET	3
.....	
Let's connect!	9
ABOUT LANGLEY GROUP INSTITUTE	9

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Welcome

INTRODUCTION

Putting positive psychology into practice begins here.

Welcome to your activity booklet, a dedicated resource designed to help you harness the transformative power of a growth mindset in your daily life. Within these pages, you'll find information that encourages you to embrace challenges, learn from feedback, and view setbacks as opportunities for growth. This mindset empowers you to cultivate resilience and curiosity, enabling you to navigate life's ups and downs with confidence.

Crafted by experts in psychology and compiled by Work on Wellbeing, this booklet reflects our commitment to providing individuals, workplaces, and communities with valuable tools for personal development. We invite you to approach this activity as a personal exploration. Take time to reflect on your experiences, recognise your potential for growth, and discover how adopting a growth mindset can enhance your journey.

We'd love to hear about your experiences and how you're integrating this mindset into your daily life.

Let's embark on this journey together toward a more fulfilling and empowered existence!

GROWTH MINDSET

Research

Most people don't have either a Growth or Fixed Mindset, rather a bit of both. The good news is that with practice, it's possible to cultivate more of a Growth Mindset. New research on mindsets indicates that Growth Mindsets are related to all kinds of successful outcomes, from academic grades to work performance.

Research is also showing that many of the attributes we used to consider fixed, such as personality and strengths of character, are less static and more able to change and be developed over time.

Advice

This skill takes a lot of time to master, so persist and be patient.

Growth Mindset activity provided by Dr Aaron Jarden, adapted by Langley Group.
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GROWTH MINDSET

Goal

The goal of this exercise is to encourage you to think more deeply about what drives your success.

Instructions

TASK #1 - Understanding Growth

Understand the difference between Fixed and Growth Mindsets. Mindsets are beliefs about yourself and your most basic qualities, such as your intelligence, talents or personality.

- People with Fixed Mindset believe their basic qualities are fixed traits that don't and can't change
- People with Growth Mindset believe that their basic qualities can be cultivated and developed across their lifespan through dedicated effort

One of the keys to success isn't having greater amounts of innate intelligence, talent or ability; it's whether you look at these qualities as things that can be developed. Accept that having intelligence or talent is simply a starting point and that people accomplish great things through years of passionate practice, learning and effort.

TASK #2 - Reinforcing Growth

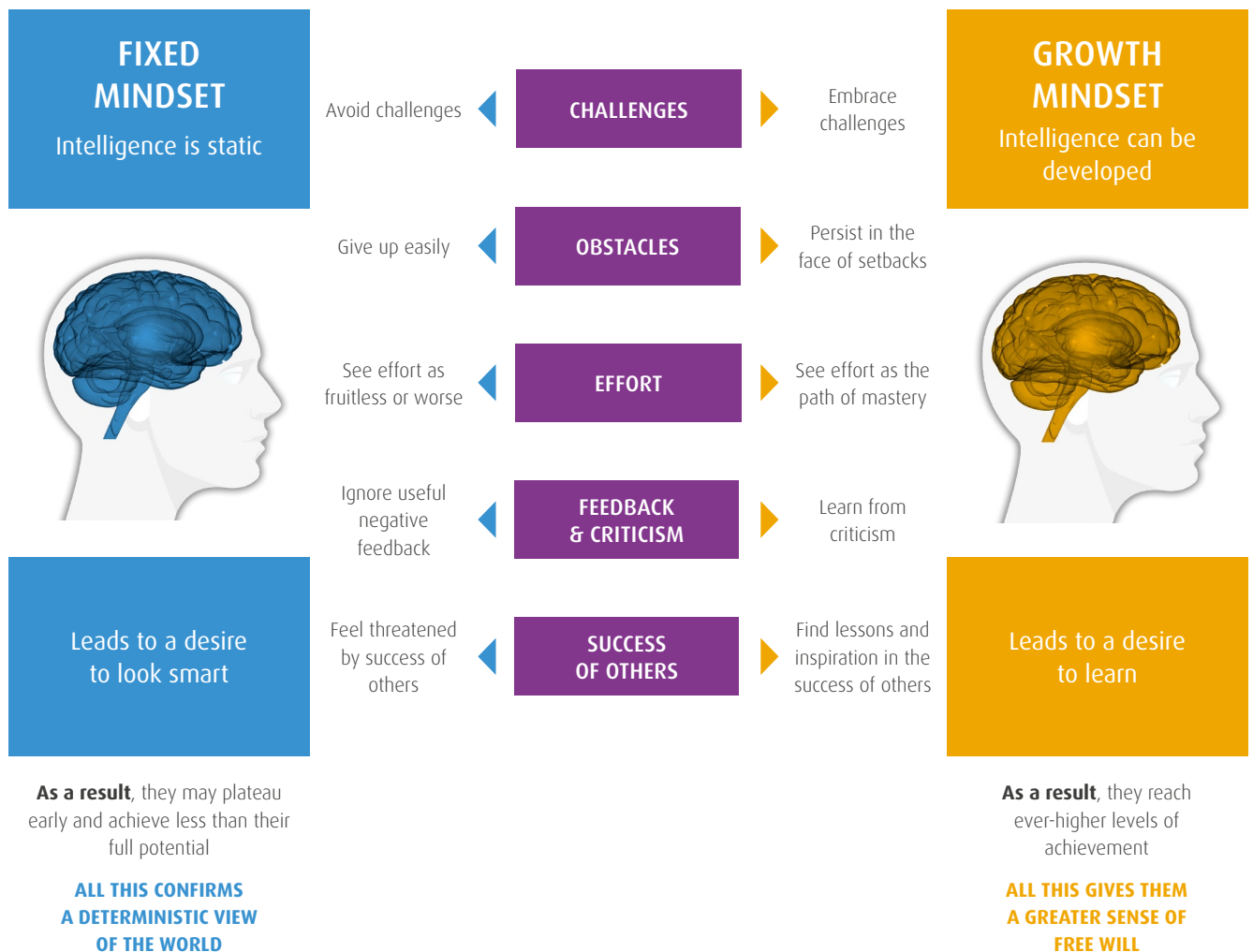
Now work on developing a Growth Mindset. Over the coming week, practice cultivating a Growth Mindset in others with a particular kind of praise: for the process they applied rather than the person.

- Process-oriented praise, such as "you put in a lot of effort" or "that was a good strategy you chose", emphasises that achievement comes from striving and use of effective strategies. It allows others to interpret setbacks in terms of lack of effort or inappropriate strategies
- Person-oriented praise, such as "you're so smart", emphasises innate talents and abilities. It assumes that success is due to personal attributes and teaches others to interpret difficulties in terms of their personal weaknesses

GROWTH MINDSET

The two mindsets

1. In a **fixed mindset**, people believe their basic qualities, like their intelligence or talent, are simply fixed traits
2. In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work – intelligence and talent are just the starting point



GROWTH MINDSET

REFLECTIONS AND LEARNINGS

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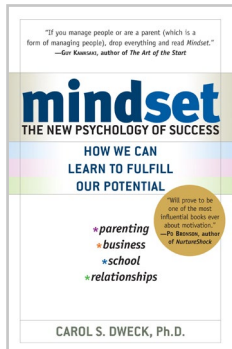
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GROWTH MINDSET



More resources

MINDSET: THE NEW PSYCHOLOGY OF SUCCESS

by Carol Dweck

Carol Dweck, in decades of research on achievement and success, has discovered a truly groundbreaking idea - the power of our mindset. She explains why it's not just our abilities and talent that bring us success; it's whether we approach them with a fixed or growth mindset.

Langley Group Institute

—
Where science meets
life-changing growth.



Let's connect!

ABOUT LANGLEY GROUP INSTITUTE

At The Langley Group Institute, we're dedicated to transforming lives with positive psychology and wellbeing science.

As an Australian Registered Training Organisation (RTO #40655), we offer government-accredited courses that blend learning with application. Our courses translate the latest science into actionable strategies you can immediately apply to your personal and professional life.

Our students join a community of like-minded people on a journey to better themselves and the people around them. You'll learn from an inspiring team of experts who help you get the most out of your experience, whether you're learning face-to-face or online.

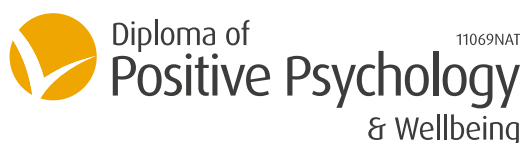
The best part of our courses lies in their impact. As you enhance your own wellbeing, you'll also gain the tools to influence those around you and create a ripple effect of positive change and transformation.

OUR COURSES

Become the architect of your wellbeing with our [Certificate IV in Wellbeing Science](#).



Ignite personal growth and fuel positive change with our [Diploma of Positive Psychology and Wellbeing](#).



Find out more about our courses;
click here:

[BOOK A CALL](#)

Or, if you're ready for a positive step forward,
click here:

[ENROL NOW](#)

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