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# Consider Yourself

Dear <<First Name>>,

Welcome to the Consider Yourself monthly newsletter. This month you'll find a discussion about the importance of having a growth mindset.

It's almost July and in true mum fashion I'm counting the sleeps. Why? Because I'm off to the UK for a long awaited holiday. Can't wait! I hope you all have a wonderful month and I'll write again on my return.

Warmest regards,  
Janice

## **Smart is good. Failure is better.**

I was valedictorian/dux of my high school class. Yup, I was the smart chick. And overall, that was a pretty good thing to be (even if the most popular boy in school didn't think so). My parents were very proud of me and often told me how smart I was. That's a good thing... right? Well, as it turns out, not according to Carol Dweck's research into fixed and growth mindsets.

According to Dweck, a psychology professor at Stanford University, people with a fixed mindset believe that their success is based on an innate ability (e.g., they are smart), whereas people with a growth mindset believe that their success is based on hard work and learning. The consequence of this is that people with a fixed mindset are more afraid of failure. They view failure as a negative statement about their basic abilities. Conversely, people with a growth mindset don't mind failure as much because they know that their performance can be improved and they're more willing to challenge themselves.

As working mums, it's really useful for us to understand this research. Firstly, if we understand what our own mindset is, we gain valuable insight into our actions at work and at home. Secondly, once we understand what a growth mindset is, we can support our children to develop one. Interested?

If so, then read on for some very useful links:

- [Why You Need to Fail](#) This Harvard Business Review blog post further explains Dweck's concepts and their relevance to the workplace.
- A brief YouTube clip about how to foster a growth mindset in our children:
  
- [Brainology](#). This is an online program for kids developed by Carol Dweck as a fun way for them to learn about their mindset. I showed it to my 7 year old daughter this morning and she's really excited to try it out. I'll let you know how we go.

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