

Goals, Growth & Grit: Skills for Success 120

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Hello class, I hope you are enjoying all the sunshine lately. The longer days and warmer nights are sure signs that the end of the school year is near. For you, it ends on June 12th.

We have been looking at the most common soft/transferable skills required to be successful in the workplace and in life, the **4 C's**. I hope you have noticed how Communication, Collaboration(teamwork), Creative and Critical thinking are all inter-related skills. You will be very successful in many areas of your life, including your career, if you use what you learned and build on your skills in these 4 areas.

Speaking of success, did you realize that you are in control of your own success? Your **mindset** is a powerful thing. It can determine what ideas and experiences you are open to, in work, love, and life. Having a **growth** mindset and understanding the ways your mindset might be **fixed** can help you grow as a person, find success, and live a happier life. This week, we will explore mindset, what type(s) you might have, how to adjust your thinking, and more.

- Look at the PowerPoint called **Mindset**
- When you are finished, I would like you to think of 2 things that trigger your fixed mindset; we all have them. Some examples were given in the PowerPoint but there are many other triggers, they are as unique as you are. Share your **2 triggers** and what alternative reaction you can come up with to avoid falling into your fixed mindset traps.
- I would also like you to complete the **Self-talk Worksheet**. Much like the power of the word yet, the words we say affect our thinking, behaviour, and achievement. What can you say to yourself to turn a challenge into a positive way of thinking and change the outcome?



Have a great week, you've got this! 😊