

LESSON 29: GROWTH MINDSET

Vocabulary Word:

Growth Mindset — The belief that abilities and intelligence can be developed through dedication, effort, and learning. It emphasizes the power of resilience, embracing challenges, and seeking opportunities for growth.

Lesson Content:

People in prison need a growth mindset. It can help us understand that we can improve through dedication and effort. When living in a prison setting, we must embrace challenges, persist in the face of setbacks, and seek opportunities for growth and learning.

While growing through my sentence, Thomas Edison, who invented the electric light bulb, inspired me. He's famous for saying:

“I have not failed. I've just found 10,000 ways that won't work.”

His words reflect an extraordinary mindset. He didn't see setbacks and failures as signs of defeat. They were steppingstones on his path to success.

Edison's perseverance and willingness to learn from each attempt ultimately led to his groundbreaking invention.

Embracing a growth mindset can transform the way we approach challenges and setbacks. It involves understanding that setbacks are not indicative of our intelligence or worth but rather opportunities for learning and improvement.

With a growth mindset, we become more resilient, adaptable, and open to new possibilities. Although I had to climb through a 45-year sentence, leaders like Thomas Edison helped me prepare for the journey and to emerge successfully.

Understanding the concept of a growth mindset is essential for personal development:



Belief in Development:

A growth mindset starts with believing we can develop our abilities through effort and learning. It challenges the notion that intelligence or talent is fixed and encourages individuals to view their potential as limitless. By embracing this belief, we become more motivated to pursue growth and strive for improvement.

Embracing Challenges:

Having a growth mindset means actively seeking out challenges and seeing them as opportunities for growth. Instead of avoiding difficulties, individuals with a growth mindset embrace them, knowing that challenges provide valuable experiences and avenues for learning. They understand that effort and perseverance are necessary to overcome obstacles.

Persistence and Resilience:

A growth mindset encourages us to persist despite setbacks and failures. Rather than being discouraged by setbacks, individuals with a growth mindset view them as temporary setbacks and opportunities to learn, adjust, and try again. This resilience helps individuals bounce back stronger and continue their journey toward personal growth.

Learning from Feedback:

Instead of feeling threatened or defensive, we welcome feedback, even if it's critical. Feedback provides insights and areas for development. We should use feedback as a guide to refine our skills and make progress.

Cultivating a Passion for Learning:

A growth mindset fosters a love for learning and continuous improvement. It encourages individuals to explore new ideas, expand their knowledge, and seek new experiences. By nurturing a passion for learning, individuals



with a growth mindset stay curious and engaged, continually pushing their boundaries.

» Cultivating a growth mindset involves specific strategies:

Embrace Challenges:

Seek out opportunities to challenge yourself and step outside your comfort zone. Embrace tasks that may seem difficult initially, knowing they offer growth chances.

Practice Positive Self-Talk:

Challenge negative self-talk and replace it with positive and encouraging statements. Remind yourself that you can learn and improve with effort.

Set Goals:

Set specific and realistic goals that stretch your abilities. Break them down into manageable steps, and celebrate milestones along the way.

Learn from Failures:

View failures as learning experiences rather than personal shortcomings. Analyze what went wrong, identify lessons, and use them to adjust your approach and improve.

Seek Feedback:

Actively seek feedback from others and be open to constructive criticism. Use feedback

Certainly! Here's a section with self-directed questions and activities to accompany the lesson on the importance of having a growth mindset:



QUESTIONS AND ACTIVITIES: IN ONE HOUR, ANSWER AS YOU DEEM APPROPRIATE.

How would you describe your current mindset?

Do you tend to have a growth or fixed mindset in different areas of your life?

What situations or challenges trigger a fixed mindset for you?

How do you typically respond in those situations?

Activity:

Growth Mindset Journal:

Create a growth mindset journal where you can reflect on your experiences, challenges, and progress. Take a few minutes each day to write about a situation or encounter where you applied a growth mindset. Describe how you approached the situation, what you learned, and how you plan to continue growing in that area.

Interview with a Growth Mindset Role Model:

Identify someone who embodies a growth mindset, such as a successful entrepreneur, athlete, or artist. Research their journey and accomplishments, and if possible, arrange an interview or find existing interviews or articles about them. Take note of their mindset, how they approach challenges, and the strategies they use to foster growth. Reflect on what you can learn from their example and how you can apply those insights to your own life.

Visualization Exercise:

Find a quiet and comfortable space where you can relax. Close your eyes and visualize yourself fully embracing a growth mindset. Imagine



approaching challenges with enthusiasm and resilience, seeking out opportunities for growth, and celebrating your progress along the way. Engage all your senses to make the visualization vivid and powerful. Afterward, journal about your experience and the emotions it evoked.



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Prison Professors Charitable Corporation / PO Box 50996 / Irvine CA 92619
IRS 501c3 #85-2603315 / www.PrisonProfessors.org
Email: Impact@PrisonProfessors.org



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