



NIKAVIKA SISTERHOOD

engage. enlighten. empower.

“The passion for stretching yourself and sticking to it, even (or especially) when it’s not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives.”

– Carol S. Dweck, [Mindset: The New Psychology Of Success](#)



Growth Mindset Journaling Activity With 2018 Olympic Gold Medalist Haley Skarupa

View one of Haley’s videos on YouTube where she shares her story about making the Olympic team (after being cut 3 times!). The [commencement speech](#) that she made at her former high school is a great one (click on it above). Or you can Google a few different options based on what you have time for today; but either way, think about her journey and how she “got there” by choosing a “growth mindset” vs. a “fixed mindset” and then consider the questions below:

1. What level of effort do you think it takes to improve at your sport or your favorite hobby, and/or at school, to reach your ambitious goals?
2. Have there been times when the goal you set or the plan you made didn't work out? If so, what did you do to turn things around or push past that feeling?
3. Have you always been receptive to feedback from your parents', teachers' or coaches' suggestions?
4. Have you ever felt like quitting or felt afraid to ask for help? If so, how did you get past that feeling?
5. Are there areas in your life where you show a growth mindset and others where you see yourself as more fixed in your mindset?
6. For the next 30 days, pick one school subject and one after-school activity where you feel that you can experiment and try using a growth mindset! Then let's return to these questions and see what has changed! Write your subject and activity below:
7. Think about a question that you might have for Haley if you met her in the future, or if you could learn from her through our e-coaching program?