

GROWTH MINDSET AND SELF-COMPASSION

Learning and growing without using shame as motivation

AT A GLANCE



A growth mindset treats abilities as developable. Self-compassion brings warmth, common humanity and mindful awareness to difficulty.

KEY IDEAS

GROWTH

Skills can develop through practice, support and feedback.

SELF-KINDNESS

Respond to difficulty as you would to someone you care about.

COMMON HUMANITY

Struggle and imperfection are part of being human.

MINDFULNESS

Notice pain clearly without exaggerating or dismissing it.

WHY IT MATTERS



Together they support persistence without perfectionism: challenge can be approached while worth remains intact.

PUTTING THE IDEA INTO PRACTICE

1

CHANGE THE PHRASE

Add 'yet' to a fixed conclusion.

2

MAKE IT SMALLER

Choose one learnable next step.

3

NORMALISE

Remember that mistakes are information, not identity.

4

ENCOURAGE

Use language that is honest, warm and specific.

REFLECTION PROMPTS

1

Where am I demanding perfection?

2

What would I say to a friend?

3

What small experiment could I try?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.