

Cultivating a Growth Mindset and supporting Positive Education



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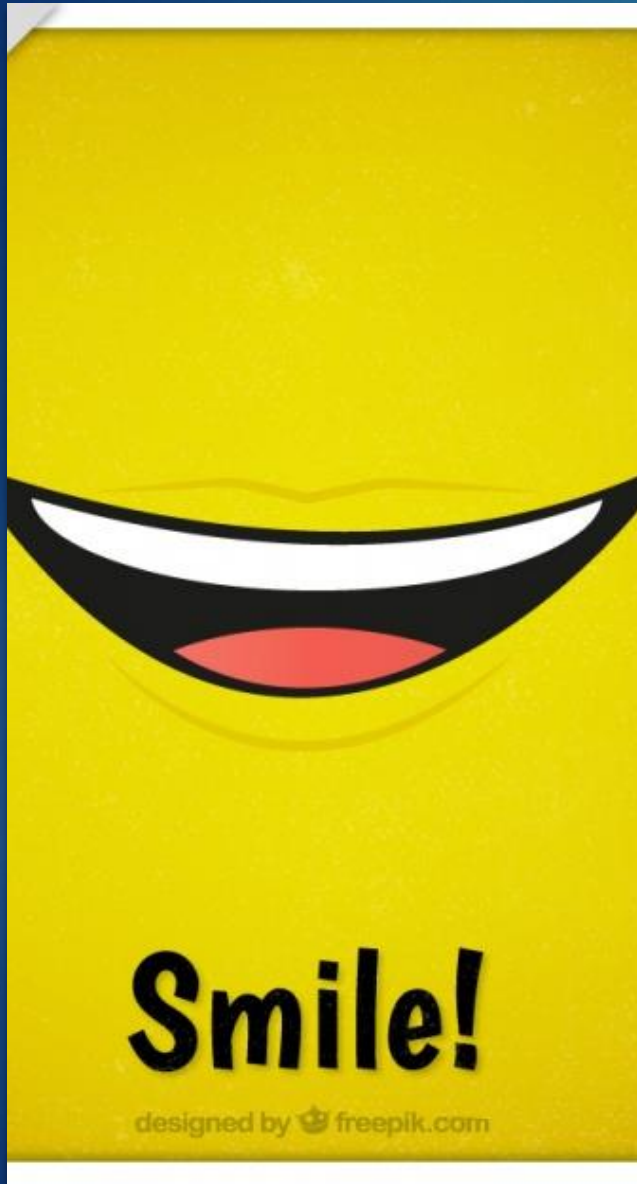
@Rolaghabban

Smile exercise

**TURN TO A NEIGHBOUR AND
TAKE TURNS LOOKING AT
EACH OTHER IN THE EYES.**

**ONE PERSON SMILES WHILE
THE OTHER HAS TO HOLD A
STRAIGHT FACE, TRYING
YOUR BEST NOT TO SMILE.**

**ONCE THE FIRST PERSON
SMILES, THEN SWITCH.**



Definition of *mind-set*

A particular way of thinking: a person's attitude or set of opinions about something
Merriam-webster.com

I am a victim.

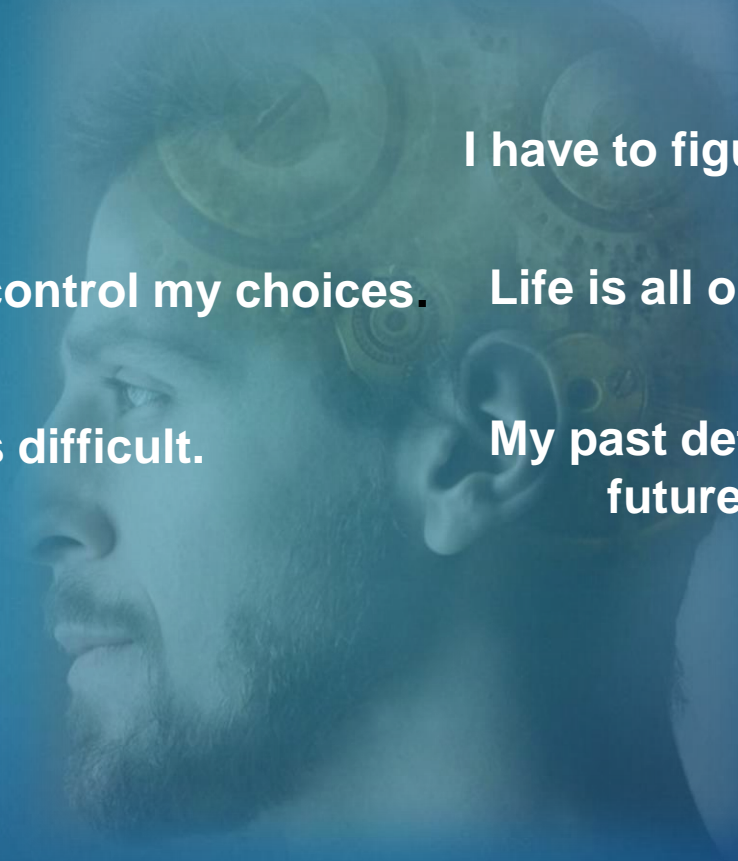
I have to figure everything out.

My circumstances control my choices.

Life is all or nothing.

I cannot do it if it is difficult.

My past determines my future.



What you think manifests

Conquering
your Mind



Conquering
your World

Thoughts

- ▶ Average of 80,000 thoughts in a day!
- ▶ Be careful what you say to yourself because YOU are listening



Fixed vs. Growth Mindset

Carol Dweck

I believe that my **[Intelligence, Personality, Character]** is inherent and static. Locked-down or fixed. My potential is determined at birth. It doesn't change.

I believe that my **[Intelligence, Personality, Character]** can be continuously developed. My true potential is unknown and unknowable.

FIXED MINDSET



Which are you?

GROWTH MINDSET



The Brain is a Muscle



Learn

Click to add text



Unlearn



Relearn

Unlearning



- Being mindful on what thoughts are strengthening or limiting our wellbeing
- Replace something learned, such as a bad habit from one's memory with a truthful statement, practice or belief

Life is all about PERSPECTIVE

- The lens we choose determines our success.
- If we do not learn how to change our lens when challenged, we become trapped.
- There is always another right answer.





Our greatest weapon against self limiting beliefs is our ability to choose one thought over another.

Fixed Mindset

VS

Growth Mindset

I give up

HOW can I
make this
challenging

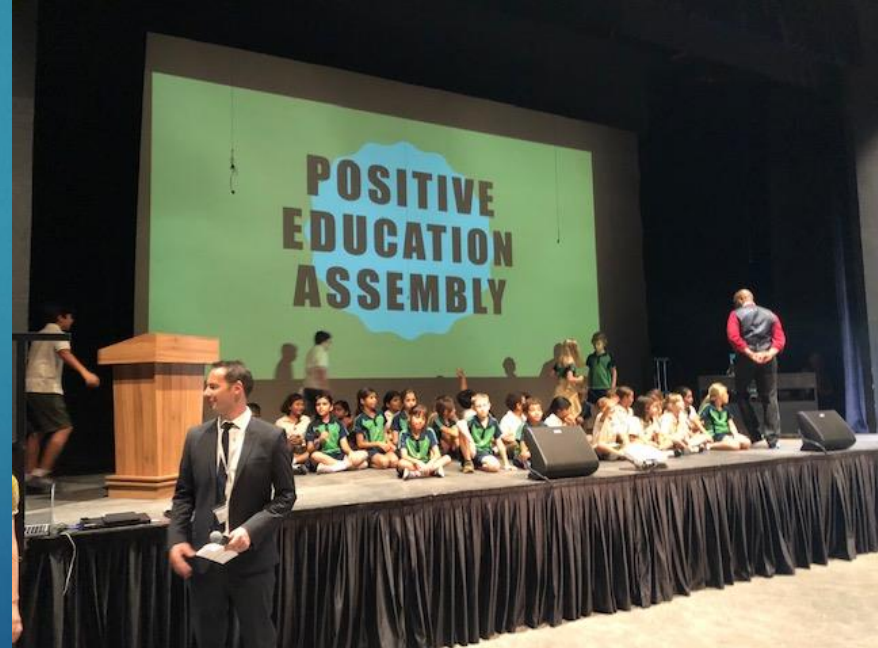
Mindfulness



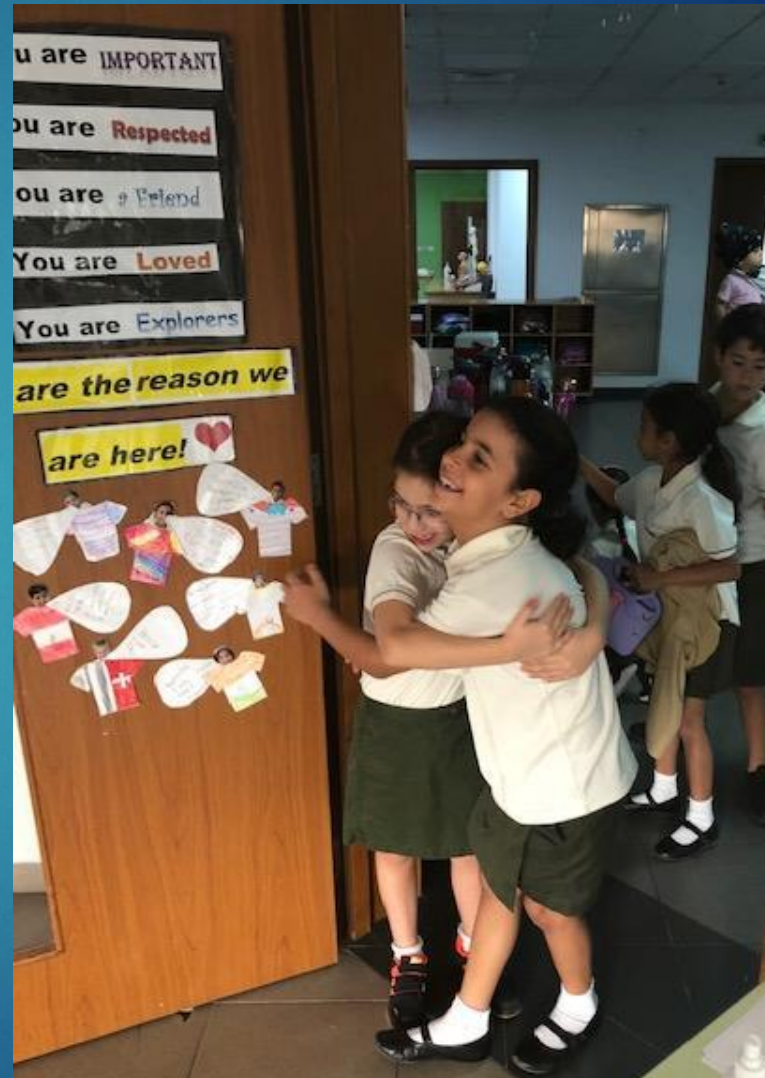
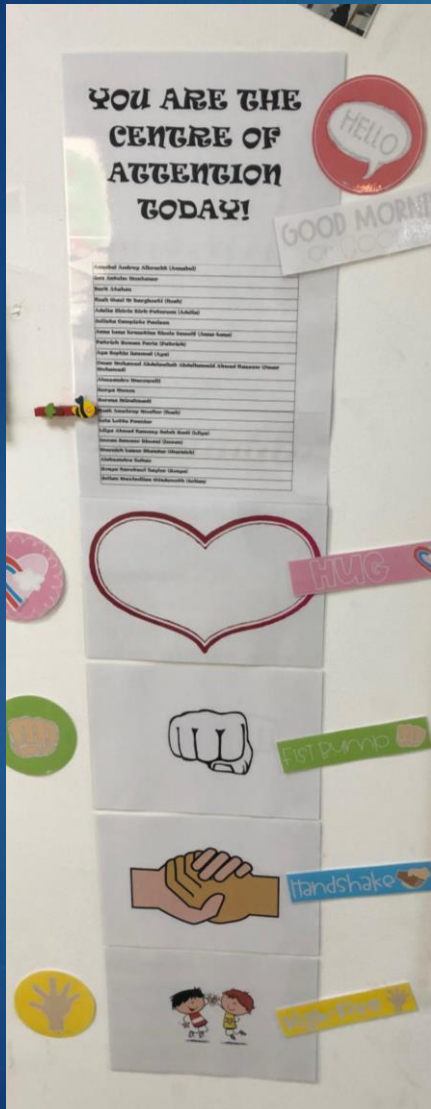
Heart of Mindfulness Week

Practicing Heartfulness





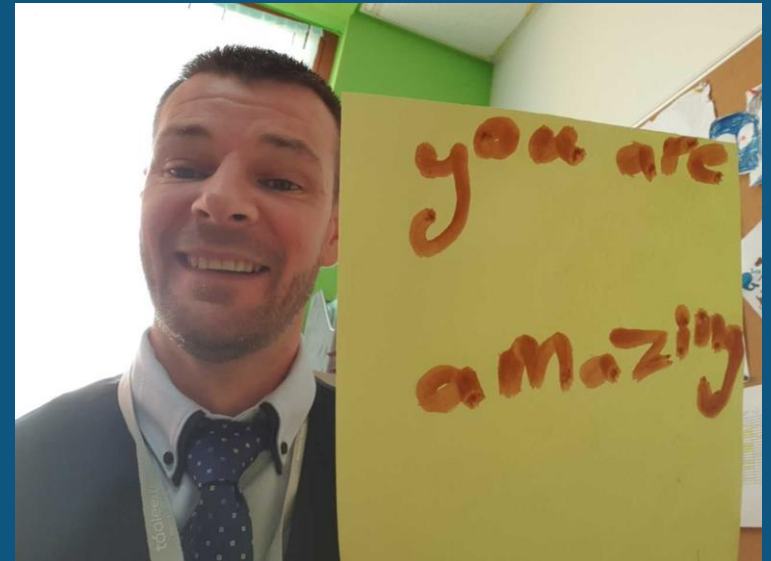
Happiness Officers



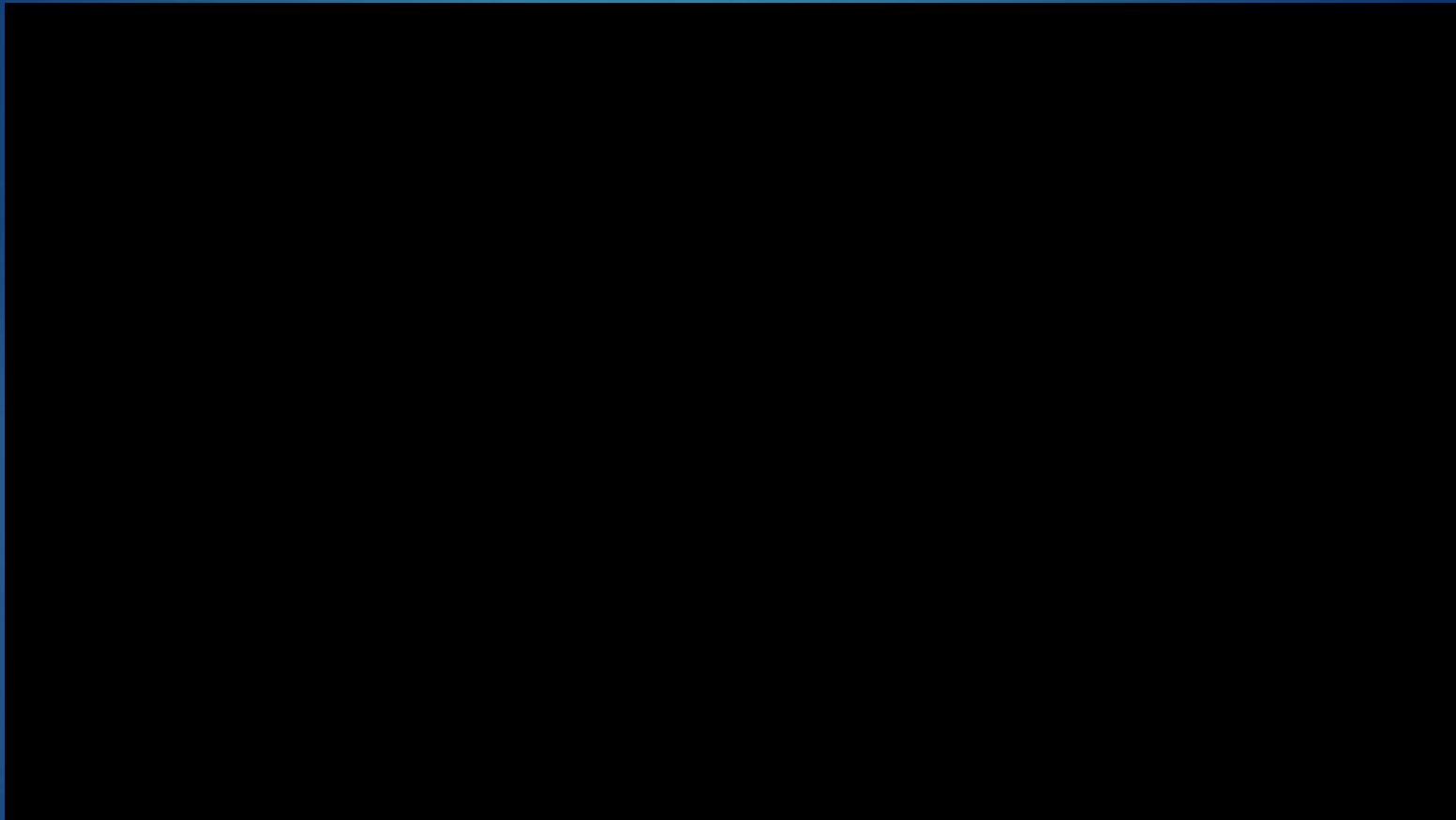
Kindness going Viral



Kindness boomerang










Smiling Sunday



The Power of Gratitude

REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

CHARITY  GRATEFUL PEOPLE ON AVERAGE GIVE 20% MORE 	PSYCHOLOGICAL GRATITUDE IS RELATED TO AGE: FOR EVERY 10 YEARS, GRATITUDE INCREASES  BY 5%
COMMUNITY  GRATEFUL PEOPLE WILL HAVE A STRONGER BOND WITH THE LOCAL COMMUNITY	HEALTH  GRATEFUL PEOPLE WILL: HAVE 10% FEWER STRESS RELATED ILLNESSES BE MORE PHYSICALLY FIT HAVE BLOOD PRESSURE THAT IS LOWER BY 12%
WORK HAPPY PEOPLE'S  7% HIGHER	FRIENDS MORE SATISFYING RELATIONSHIPS WITH OTHERS, AND WILL BE BETTER LIKED 

Mindfulness session led by 2 students



Thank you for listening



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