Ask yourself (and perhaps your spouse or partner) **how you use praise**.

- How do you define success? Failure?
- How can you better cultivate the growth-mindset?
- Ask your kids whether or not they feel labeled. Does one feel like “the artist” or “the soccer player”?
- How do they feel about this? Find growth-mindset ways to compliment their strengths and interests.

**Protect children from a life void of failure.** Mistakes, mediocre grades, lost games: these are all events that send the message that there is room for improvement and opportunity for growth.

- Go around the table at dinner tonight and ask your kids to tell you about a mistake they made today.
- What did they learn from it?
- What do they want to learn or get better at?
- What will they do the next time they are in a similar situation?
- Ask about difficulties they faced, challenges they overcame, and things they learned.