Your mindset about how people learn can profoundly influence how happy your kids are.

There are two basic mindsets.

- People with fixed-mindsets believe that their talents personalities are inborn, carved in stone.
- People with growth-mindsets believe that success is a result of effort as much as or more than aptitude.

Model The Growth-mindset Yourself – for example, at dinner or bedtime tell about a time when you didn't know the answer to a question. Who did you ask for help? How did you learn the answer?

At Breakfast, Ask Your Kids Questions about their opportunities for learning and growth in the coming day. What questions do they need answers to? What do they want to learn or get better at?

Rome wasn't built in a day!

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