

raising HAPPINESS



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 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 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?

Make sure to ask kids about topics other than academics or sports—children are also learning important social skills at school.

- ? How are they are practicing being a better friend, and what challenges are they facing?

Talk to your kids about their heroes and role models.

- ? How did they become successful? Point out the hours of practice and effort that go into success.