

raising HAPPINESS



Effort-praised kids have fun even in the face of challenge and difficult learning.

Ability-praised kids often stop having fun and don't perform as well.



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.