

1

Our Superpowers: Growth Mindset, Resilience, and Grit

Whether you think you can or think you can't - you're right.

- Henry Ford

If you ask a kid what superpowers they wish to have, they may share a desire to fly, be invisible, read minds, be gifted with Harry Potter's magical powers, or maybe they wish to run like a speedster. Think back to your childhood. What superpower did you always want?

Albeit fun to think about, we can no more run at lightning speed than we can spread our arms and soar above the stars. However, we do have the unique psychological power to supersede adversity. We have the mental agility, resilience, and perseverance to help us overcome even the most challenging obstacles. These special abilities are our internal superpowers: *growth mindset*, *resilience*, and *grit*. But what exactly are these superpowers, and why do they matter? Well, let's jump right in and find out.



QUESTIONS to CONSIDER

1. What are the differences between growth mindset, resilience, and grit?
2. Of these three superpowers, which one do you believe is the strongest within yourself? Why did you choose this superpower as your super strength?
3. Of these three superpowers, which one is a challenge? What makes it a challenge for you?
4. Think of a time when you overcame a life obstacle. What helped you get through?

KEY POINTS

- Growth mindset, resilience, and grit are the three superpowers that make up our ability to believe, persevere, and bounce back from life's setbacks.
- Mindsets are made of the beliefs we hold about ourselves and others.
 - Fixed mindset is a belief that our intelligence and talents are fixed based on inherent abilities.
 - Growth mindset is a belief that our talents, intellect, and abilities can be developed through hard work.
- Resilience is our ability to bounce back, bounce forward, and steer through difficult times.
- Grit is our passion and perseverance toward long-term and meaningful goals.
- All three internal superpowers can be built and strengthened.