

EMOTIONAL INTELLIGENCE

SELF-AWARENESS

SELF-REGULATION

MOTIVATION

EMPATHY
THE POWER TO MAKE A
DIFFERENCE

SOCIAL SKILLS

GROWTH MINDSET

BELIEF IN SELF-
SKILLS, ABILITIES, LEARNING,
APPLICATION, ADJUSTING ETC.

RECOGNITION
THAT EFFORT MATTERS, MAKES A
DIFFERENCE AND
LEADS TO IMPROVEMENTS.

EMBRACES AND PERSEVERES
THROUGH CHALLENGES

ACCEPTS
MISTAKES AS OPPORTUNITIES
TO LEARN AND IMPROVE

ENCOURAGED
BY THE SUCCESS OF OTHERS

ACCEPTS AND LEARNS
FROM FEEDBACK
AND CRITICISM

TIPS FOR GROWTH

- RECOGNIZE THE CONNECTION BETWEEN EMOTIONAL INTELLIGENCE AND GROWTH MINDSET
- ALWAYS RECOGNIZE AND EMBRACE THE LEARNING PROCESS
- LOVE THE PROCESS, ENJOY THE PRODUCT
- RECOGNIZE POSITIVE EMOTIONS AS GOAL ACHIEVEMENTS
- MAINTAIN A FORWARD MOMENTUM
- UNDERSTAND THAT SOME GOALS TAKE MORE TIME, EFFORT AND RESOURCES THAN OTHERS
- TAKE "A GLASS HALF-FULL" PERSPECTIVE TO THE NEXT LEVEL WITH DECISIVE ACTIONS
- TAKE JOY IN COMPLIMENTING OR RECOGNIZING OTHERS
- YOU MAY NOT KNOW IT BUT YOU ARE BUILDING A PATH TOWARDS SELF-ACTUALIZATION