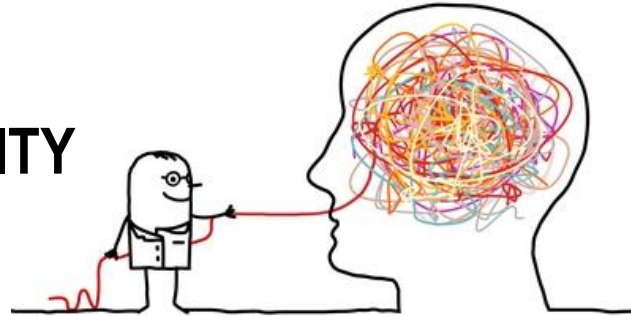
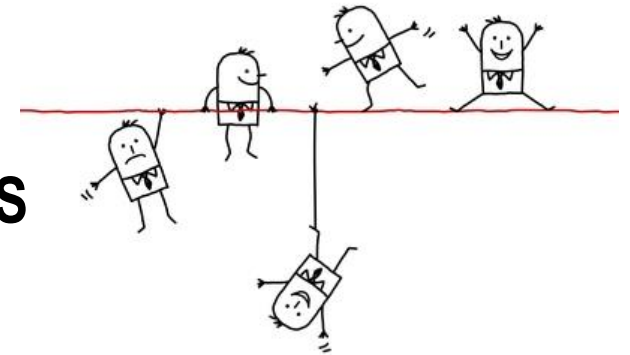


The 4 Keys to Building a Growth Mindset

#1: TALK ABOUT NEUROPLASTICITY



2: REFRAME MISTAKES



3: HIGHLIGHT PROCESS AND “MICRO” PROGRESS

4: ACTIVATE THE ALPHA INSTINCT

