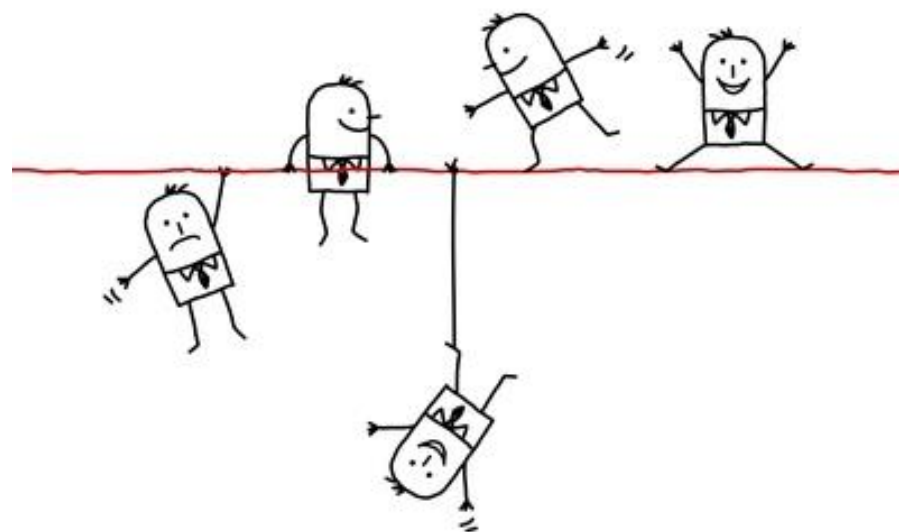


# MINDSET KEY # 3: HIGHLIGHT MICROPROGRESS

## PROCESS AND “MICRO” PROGRESS

- Effort/strategies/self-reflection  
(Instead Of “Innate” Talent Or Intelligence;
- self-progress more than comparison
- Increments rather than final outcomes  
Process Praise versus Person Praise



Make process, strategies, focus, effort, perseverance the "stars of the show" rather than the results. “It’s not the destination, it’s the journey” – focus on excitement about the journey – about the brain ‘growing’