

Growth Mindset and the Power of WOOP

What is Growth Mindset – *Mindset* by Carol Dweck Our brains can grow at any age
Growth Mindset lessons at *The Learner Lab* – Trevor Regan thelearnerlab.com
Growth Mindset Playbook at *Character Lab* – Angela Duckworth characterlab.com
Funny and growth mindset posters are available for free at TeachingPositivity.com/resources
The Power of Yet with Elmo & Janelle Monae youtube.com/watch?v=XLeUvZvuvAs

The Pygmalion Effect – our labels can become self-fulfilling prophecies
thelearnerlab.com/portfolio/growth-mindset-leadership-the-pygmalion-effect/
High expectations will lead to improved performance.
Attach the label learner to everyone. “It’s the best word.” *Robert Rosenthal*

Failure is an Option

Reframe difficulties so students do not see failure as a threat
Failure is an option. Failure is the Only Option. We fail, we learn, we grow. *Fall 7 times, stand up 8*
How Not to Land an Orbital Rocket 2-min. video - youtube.com/watch?v=bvim4rsNHkQ

Deliberate Practice

DO – REFLECT – PLAN (Repeat) - Wynton Marsalis video - vimeo.com/263171561
Quantity also leads to Quality. “10 years of silence” jamesclear.com/deliberate-practice
Raise money for NYC Food Bank and improve practice habits - hcpracticeathon.com

Training Grit with Optimism, Gratitude and Growth Mindset

Grit by Angela Duckworth - Students of optimistic teachers outperform less optimistic teachers
Nurture your optimism with growth mindset and gratitude practices

The Suzuki Method - Lessons we can learn from *Shinichi Suzuki* – **Every Child Can**

Teach with love, be grateful, have high expectations (be optimistic), and model constantly.

WOOP – Wish, Outcome, Obstacles, Plan

Rethinking Positive Thinking by Gabrielle Oettengen - Woopmylife.org
Download the Woop App to go through the process on your phone
Character Lab – WOOP for classrooms - characterlab.org/activities/woop-for-classrooms/

Building Confidence

Mindset by Carol Dweck - Praise effort, not talent
The Upside of Stress by Kelly McGonigle - Replace ‘I am afraid’ with ‘I am excited.’
Presence by Amy Cuddy – Power Pose for confidence
Power of Ritual – Cosmonaut Yuri Gagarin’s last-minute toilet break
bbc.com/future/article/20140610-the-strange-rituals-of-cosmonauts
Longer exhale breath to calm nerves – 4-7-8 breath webmd.com/balance/what-to-know-4-7-8-breathing

Brian Johnson and optimize.me - Home of free Philosopher Notes.

Readable and enjoyable summaries of many influential books on self-actualization and positive psychology.

Love, Love, Love - The secret sauce for becoming a master teacher.

Love yourself. Love your students. Love our profession.

WOOP Student Example

WOOP helps people do the things they really want to do.

W

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

Get an A in science this quarter.

O

OUTCOME

What will be the best result from accomplishing your wish? How will you feel?
Pause and really imagine the outcome.

Best outcome:

My mom will be proud of me.

O

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish?
Pause and really imagine the obstacle.

My obstacle:

I can't figure out my science homework.

P

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:
(my obstacle)

When I can't figure out my science homework,

Then I will:
(my action)

then I'll google the questions I have.

WOOP

Name _____

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W

WISH

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My wish:

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WOOP Worksheet

Relax

WOOP takes only 5 to 10 minutes of uninterrupted time.
Take a quiet moment and make yourself comfortable.
The next minutes belong just to you.



Domain

Choose one of the domains below for your wish:
Professional Health Interpersonal

Timeframe

What is the time frame for fulfilling your wish?
24 hours 1 month No timeframe

What is your WISH?

Think about your timeframe

What is your most important wish in your chosen area?

Pick a wish that is challenging for you, but that you can fulfill.

Write down your wish in 3-6 words _____

What is the best OUTCOME?

What would be the best thing, the best outcome about fulfilling your wish?

How would fulfilling your wish make you feel?

Write down your best outcome in 3 – 6 words _____

Identify your OBSTACLE

Now take a moment and imagine your obstacles

Imagine things fully.

What is **within you** that holds you back from fulfilling your wish?

What is it **in you** that stands in the way of you fulfilling your wish?

What is your main **inner** obstacle?

Write down your inner obstacle in 3 – 6 words _____

Make an if-then Plan

What can you do to overcome your obstacle?

Name one action you can take or one thought you can think to overcome your obstacle

Write your action/plan down

Fill in your if-then plan

If (your obstacle) then (Your plan). If _____, then _____

Slowly repeat to yourself

If (your obstacle) then (Your plan)

Your WOOP summary – Your Wish, Your Best Outcome, Your Obstacle, Your Plan

Adapted from WOOPmylife.org