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The growth mindset teaches us that skills are built. Belief leads to action, which leads to growth. Despite challenges, we can maintain a growth mindset. But how?

Trevor Ragan, founder of Train Ugly, discusses three keys to building a growth mindset:

1. Reflect - Remember the skills you built and how you built them
2. Learn new stuff
3. Consider neuroplasticity - our brains can change

Trevor and his staff put together a video <https://youtu.be/V7XjFTrPl6o> that explains these three components of the *how* behind building a growth mindset.

In such challenging times, please remember we are designed to be continually improved! Our capacity to grow is much larger than we recognize. Let's use this time to get better!

Stay Healthy. Stay Strong. Stay Connected.

#WeAre757