

INTRODUCTION TO BUSINESS



Chapter 2: Thriving in Business

Assignment

This assignment can be completed during class time or assigned as homework.

Developing a Personal Plan of Action to Form a Growth Mindset

Instructions

1. Select three things to work on from the list below. These will become your action items. Work on them during the semester to help you develop a growth mindset.
2. Type your selected items in the Plan of Action Table provided, and insert the day of the week that you will write an update about each item. It is best if updates specifically describe how you worked on an item. For example: "I worked on being curious by reading a blog post about emotional intelligence."
3. At the end of the month (or semester) you will submit your completed table to your professor for review and grading.

Ways to Develop a Growth Mindset

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| <ul style="list-style-type: none">• Be curious about a specific topic• Look up learning tactics and practice a new one• Stop seeking approval• View challenges as opportunities• Admit and embrace the fact that one is imperfect• Build on failure by learning from it• Be open to change and learn to adapt• Commit to learning and improving yourself in an area of interest | <ul style="list-style-type: none">• Practice accepting criticism without becoming defensive• When approaching new tasks, embrace them by trying your best and having the confidence that you will get through• Try changing roles (e.g., if you always do certain parts of a project, then take a new role)• Change your internal voice from negative to positive (e.g., "I tried hard and still failed" versus "I tried hard and learned") |
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Plan of Action Table

Include as many updates as required by your instructor.

List the three ways you will work on developing a growth mindset:	Plan of action 1:	Plan of action 2:	Plan of action 3:
<i>Week 1 update:</i> <small>[insert date]</small>			
<i>Week 2 update:</i> <small>[insert date]</small>			
<i>Week 3 update:</i> <small>[insert date]</small>			
<i>Week 4 update:</i> <small>[insert date]</small>			
<i>Week 5 update:</i> <small>[insert date]</small>			
<i>Week 6 update:</i> <small>[insert date]</small>			
<i>Week 7 update:</i> <small>[insert date]</small>			
<i>Week 8 update:</i> <small>[insert date]</small>			
<i>Week 9 update:</i> <small>[insert date]</small>			
<i>Week 10 update:</i> <small>[insert date]</small>			