



Canada's

Healthy Workplace Month

[excellence.ca/chwm-2025/](https://excellence.ca/chwm-2025/)

# The Power of a Growth Mindset

## DID YOU KNOW?

A growth mindset is the belief that abilities, intelligence, and skills can be developed through effort, learning, and persistence. in both personal and professional life by fostering:

- Agility
- Adaptability
- Curiosity
- Persistence
- Self-Compassion



## DAILY YOGA POSE

### Crescent Lunge - Anjaneyasana

This pose builds strength, balance, and openness, symbolizing the mindset needed for growth. It encourages stability in challenge while allowing for forward movement- just like a growth mindset.

## DAILY MOTIVATION : MUSIC TRACK

### "Eye of the Tiger" - Survivor

A powerful song about resilience, determination, and never giving up!



## PRO TIPS FOR THE WORKPLACE

**Every time you face a setback or frustration today, pause and find three positives about it.**

- Does it help me grow?
- Does it challenge me in a good way?
- Does it reveal a new perspective?

**Action:** Write down your three positives or share them in a team discussion.

## DAILY RECIPE

### Brain-Boosting Smoothie

- 1 banana
- 1/2 cup of blueberries
- 1 cup honey
- 1 cup almond milk



## INSPIRE & REFLECT

### Inspiration of the day

"Success is not an accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing." - Pele

### Daily Affirmation

I embrace challenges as opportunities to learn and grow.

### Reflection Question

What is one area of my life or career where I can shift from a fixed mindset to a growth mindset?

### Mental Health Challenge

Be mindful not to complain for the day.

### Resource of the Day:

#### Let's Talk Future Skills Podcast Series

"The Future Skills podcast series" features experts discussing how Canadians can build the skills needed for a resilient, agile, and inclusive workforce in a rapidly changing world.

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