

Inclusive Youth Leadership Growth Mindset

Instead of...

A leader is strong and takes charge. Only some people can be a leader.

I am uncomfortable around people who are different from me.

I am all stressed out and I can't tell anyone.

I'm not perfect and others seem to be perfect.

I don't know how to help when I see someone being picked on.

I can't ask certain questions or speak up too much because I may say the wrong thing and embarrass myself.

I underestimate my teammates and myself.

When things are hard, I want to shut down.

I don't want to try because I may fail. I don't want to look dumb.

They make me feel good because I am included.

Try thinking...

A leader includes and encourages. Anyone can lead - it is a choice.

We make a better, stronger team when we are different.

I can rely on my teammates and friends to help me work through tough times.

We are all a work in progress. Effort makes us all stronger.

Everyone can stand up for acceptance and inclusivity.

I will be authentic. Unified teams are safe spaces where I can be my real self and learn.

Anything is possible. You might need more time and practice.

I can be brave and step out of my comfort zone.

I am brave and will try my best. If I don't succeed at first, I will learn from it and keep trying.

WE make a great team and have a good time together.



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