

Challenge: Watch a Video about Growth Mindset

For this challenge, you will explore videos in the Diigo Growth Mindset Library. Take a few minutes to find a video that really interests you, and then watch the video, writing up your notes in a blog post.

Here is a link to the [Growth Mindset videos](#)

Your blog post. Make sure to include the **title** of the video and a **link**, along with your thoughts. Here are some prompts you can use for reflecting on the article:

- What is at least one thing that the article **CONFIRMED** for you that you knew already?
- What is at least **one NEW thing** that you learned that you didn't know before?
- What is the **one thing you are now CURIOUS to explore** (i.e. something you want to try in your life, something you want to research and learn more about, etc.) and **what are you going to do** in order to act on that curiosity?

Find **an image to include** that connects in some way to the video, or you could even embed the video in your blog post instead of including an image. :-)



[I watch with deliberate attention.](#)