DEVELOPING A HEALTHY MINDSET

FACING CHALLENGES
Never be afraid to step out of your comfort zone. Remember that challenges and failure are unavoidable, so learn to embrace them. Instead of blaming others for your own mistakes, ask yourself what you could have changed or done differently.

POSITIVITY
Positive thinking is the first step to developing a healthy mindset. Don’t look to others for approval and focus on being the best version of yourself.

HEALTHY BODY = HEALTHY MIND
Making sure that you are getting enough sleep, and maintaining a healthy diet and exercise schedule are key factors to developing a healthy mindset.

BE OPEN MINDED
Be humble in success and learn to take critical feedback constructively. Always be open to trying new things, and learn to accept the views of others, even when you disagree.

EXERCISE YOUR BRAIN
Your brain is a muscle! The more you use it the stronger it becomes. There are many different ways you can exercise your brain.

LIFELONG LEARNING
Discover what you are truly passionate about and constantly strive to learn more about it. Not all learning takes place inside the classroom! Learn more about the practical benefits of lifelong learning here.

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