

# Can-Do Praise

**Praise That  
Raises Self Esteem and  
Motivates  
Children and Teens to  
Effective Action**

*A Vital Skills for Kids Course*

By Pam Golden





# Vital Skills for Kids

Scientifically proven skills for your child's lifelong success



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**You got an 'A'.  
You are so  
smart!**





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**You got an 'A'.  
Your studying  
paid off!**





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## **Same or Different?**

**For most people the two slides you just  
read seem pretty much the same.**

**They're not.**

**In fact that small change in words can make the  
difference between whether your children . . .**



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**Give up in defeat when  
they run into an  
obstacle,  
or . . .**





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**Tackle it with energy and  
enthusiasm -sticking to it  
until they succeed -**





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*Hello,  
Thank you for downloading this  
Ebook.*

*I think “Can Do Praise” is a Vital  
Skill every parent should know  
about because ...*



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**Can-Do Praise can make the difference between whether your kids feel helpless and give up when they hit roadblocks or learn how to tackle and succeed at challenges.**



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*A few words about the research . . .*



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*The wrong kind of praise creates  
self-defeating behavior.  
The right kind motivates students to learn.*

Carol S. Dweck, Ph.D.



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**Believe it or not, the difference comes from  
what your children believe about  
intelligence.**



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**Without even realizing it,  
kids (and adults) believe one of two theories  
about intelligence . . .**



*I wonder if  
I'm smart?*

**One is that people are born with a certain intelligence level (IQ), they have no control over it and it pretty much remains the same throughout life.**

**This is called the “Fixed” mindset.**





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**Others believe . . .**



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**You can grow more  
intelligent through  
learning and effort.**

**This is called a  
“Growth” mindset.**





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*Why does it matter?*





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**This is vital because kids who learn a “Fixed”  
mindset often give up in defeat which limits  
their learning and results in life . . .**



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**While children who develop a “Growth” mindset keep going until they succeed.**

**This builds “true” self-esteem and helps them accomplish their goals and dreams in life – which makes for a more satisfying, successful and fulfilling life.**



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**The problem is, it's not so obvious.  
In fact, you can't see any difference when  
things are going well.**



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*I got an A+ that  
means I'm really  
smart*





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**This is why parents often fall into the trap of thinking the more they praise their children's intelligence, the more they will boost their child's self-esteem, and their kids will do great in life. But it usually backfires, because this type of praise develops a “Fixed” mindset and . . .**



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**When kids who believe intelligence is  
“Fixed” at birth do poorly,  
they think . . .**

*Oh, no! I  
must not be  
so smart  
after all*





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**They also think, if they  
are smart, things will  
come easily. If they  
need to study, they  
think something is  
wrong with them**



**(but they usually don't even know they think this way – they  
may just feel frustrated, bored, or irritated.)**



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**And since, to them, a poor result proves  
that they are not really smart, when they  
get a bad grade or hit something that is  
hard for them - they are sunk  
and they . . .**



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**often give up  
without even trying.**

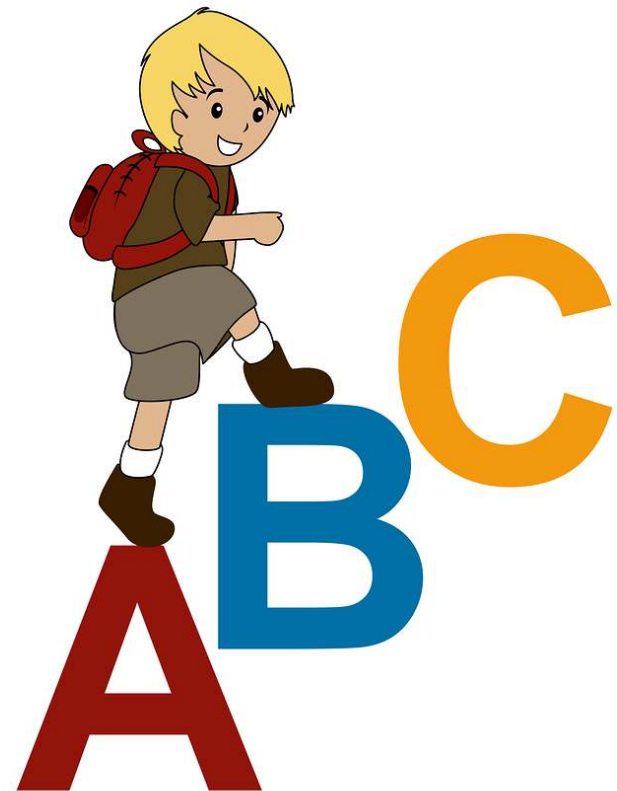




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**Because they don't want to  
be embarrassed they tend to take on  
things that are easy - so they can  
keep their prized label "smart."  
But that stunts their learning,  
accomplishments and ability.**





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**On top of that,  
when they think  
it's not possible to  
get smarter and  
looking smart is  
so important ...  
they sometimes**



**think the only way they can succeed is to cheat.**



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**One of the biggest problems comes. . .**



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**When kids leave the supportive environment  
of elementary school and go to middle school  
where they don't have anyone to catch them  
when they fall.**



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Uhhh...what happened? I used to be so smart...

**If they have a “Fixed” mindset - they can be mystified when their grades take a nosedive because they don’t have a clue how to fix them.**





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**When this happens,  
parents often think their  
kids are rebelling, being  
lazy or irresponsible.**





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**Without knowing it,  
parents can make  
matters worse and  
wind up destroying  
their kids' motivation  
and put a big glitch in  
their relationship.**





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**But the real problem is kids who think intelligence is “Fixed” at birth simply think they aren’t smart enough to overcome the obstacle they are facing and nothing they do can help.**

**They often feel helpless, but don’t let anyone know. They**

**may *pretend* they don’t care or that it’s not important.**





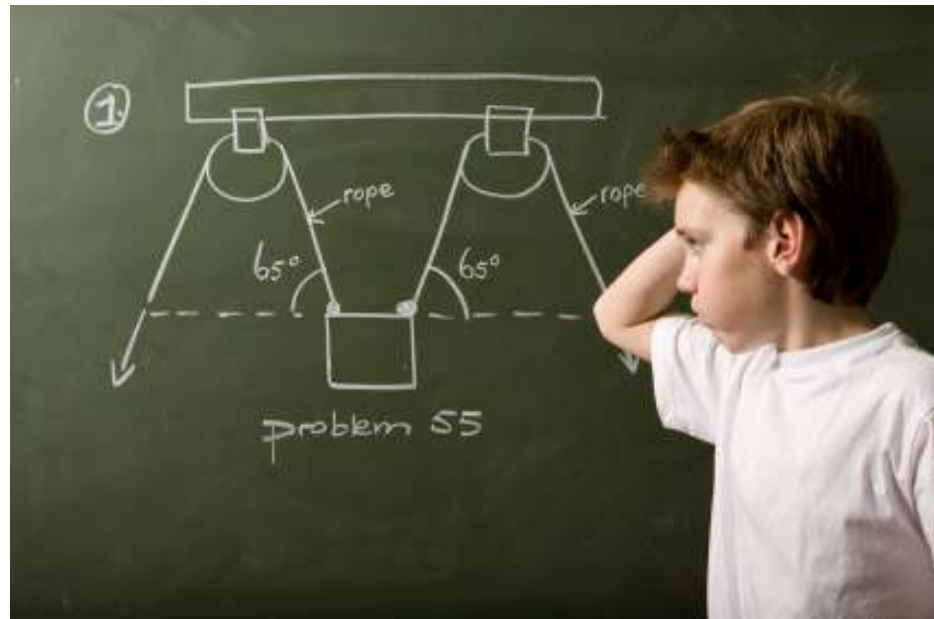
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**And it can be the worst for kids who are very smart, because they *really* think things should come easily.**

**When people say things like, “You’re so smart, you**

**don’t even have to study,” they definitely think something is wrong with them if they have to study.**





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**That's why it is so important to help  
your kids develop a “Growth” mindset  
early in life, because. . .**



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**Those who believe in the “Growth” mindset have a completely different outlook on their world.**



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**They have learned  
the brain is like a muscle and  
the more you use it,  
the more powerful and able it grows.**



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**Problems look different to kids with a “Growth” mindset.**



**Instead of  
something to fear,  
they see an enjoyable  
challenge to learn  
something new  
and grow smarter.**



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**If something comes easily, that's fine.  
But if it's hard work they know they can do it.**



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**Instead of thinking effort is bad they see effort,  
strategy, and progress as pathways to success!**

**When they succeed, they think...**



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*Wow! All my  
studying paid  
off!*





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**When those who have a “Growth”  
mindset do poorly, they think...**



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*Uh oh!  
If I want a better  
grade, I need to  
hit those books.*





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**And they do just that! -- with energy  
and enthusiasm because they know  
they can learn and they enjoy learning  
new things...**



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**In fact, they *enjoy* tackling challenges because they know their skills and abilities will increase.**





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**Instead of worrying about being smart –  
they are excited about what they are learning.**



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**So they achieve more . . .**





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**And reach more of their goals...**





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*Most of this research was started over thirty years by Dr. Carol Dweck when she was at Columbia University and is now at Stanford.*

*Dr. Carol Dweck is one of the world's leading researchers in the field of motivation and has devoted decades to growth and mindset research especially with children.*

*We think she is supercalifragilisticexpealidocious! And are very pleased she has done this research so we can help our kids have great lives. Thank you Dr. Dweck!*



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## **To recap . . .**

**A “Fixed” mindset can paralyze kids’ actions and cause them to be depressed, embarrassed, or even seem arrogant, when they fall short because they have no pathway for improving.**

**A “Growth” mindset teaches kids how to tackle challenges and bounce back from problems which leads to higher achievement in school , in life and with friends.**



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**And it tickles me pink to tell you that a certain type of praise can be one of the most important things you can do to help your child develop a “Growth” mindset.**

**It can even turn a child around who may be sliding into failure when he or she is a teenager.**



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**which can affect their life long happiness and success . . .**

**And make you a happy parent too!**





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**Are you kidding me.?**





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**I know. It's hard to believe something so simple can make such a big difference in your child's whole life.**

**But it's true.**



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**Tell me more...**





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**In a nutshell . . .**



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**When you praise your child's intelligence, you teach them it's their *intelligence* that got them the good grade - which creates a "Fixed" mindset that they have no power to control.**

*You got an A+. You are so smart!*



*You got an A+.  
All your studying  
paid off!*



**When you acknowledge your child's effort, persistence, strategy or progress, they learn *their actions* produced the result which they have the power to control. This creates a “Growth” mindset.**





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**We call this Can-Do Praise because just like the sun helps flowers bloom, Can-Do Praise helps your kids blossom into the capable, responsible, successful, happy kids you want them to be.**





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**When you use Can-Do Praise, you give  
your kids a whole new world because . . .**



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**Instead of patting kids on the head for fixed traits, like intelligence or personality which they are helpless to change ...**

*“You won’t  
You are a  
brilliant player!”*





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**Can-Do Praise gives facts**

**which connects kids'**

**attention . . .**

*"You won!"*





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To the actions  
that produced the  
results, which . . .

*“It looks like  
practicing your  
kicks . . .*





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*and plays has paid off.”*

**gives them tools  
for success which  
they can control!**





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To help get started using Can Do Praise quickly and easily  
we've put together a workbook filled with examples,  
explanations and useful information for just

\$4.95.

To purchase and instantly download your workbook  
click on the link below or cut  
and paste it into your browser and  
you will be on your way!

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*Words of praise should mirror for the child a realistic picture of his accomplishments, not a Madison Avenue image of his personality.*

**Dr. Haim Ginott**



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*Thank you for caring  
so much about me!*





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*A “Fixed Mindset” is the belief that people are born with a certain intelligence level and it remains the same throughout their life.*

*Kids who have a “Fixed” mindset:*

- Are overly concerned they will be judged: smart or not smart.*
- Don't focus what they can learn.*
- Reject opportunities to learn if they might make a mistake and look dumb*
- Look for tasks that will prove they are smart.*
- Think things should come easily if they are smart -- putting in effort makes them feel dumb.*
- Try to hide mistakes because they don't want to look dumb.*
- Often give up easily instead of bouncing back from setbacks.*
- Consider cheating when they don't do well because they think they aren't smart enough on their own.*



- A “Growth Mindset” is the belief that intellectual ability can be developed through effort and education. Kids with a “Growth” mindset:*
- Care about and enjoy learning even when it's hard.*
  - Understand that producing great results usually takes time and energy.*
  - Are resilient and bounce back from obstacles*
  - Don't worry about how smart they will appear so they take on challenges and stick to them even when they hit setbacks. Because of this they achieve more.*
  - Correct mistakes instead of hiding them.*
  - Think effort is a good thing because it causes them to grow intellectually.*
  - When they fail, they work harder and look for new learning methods.*