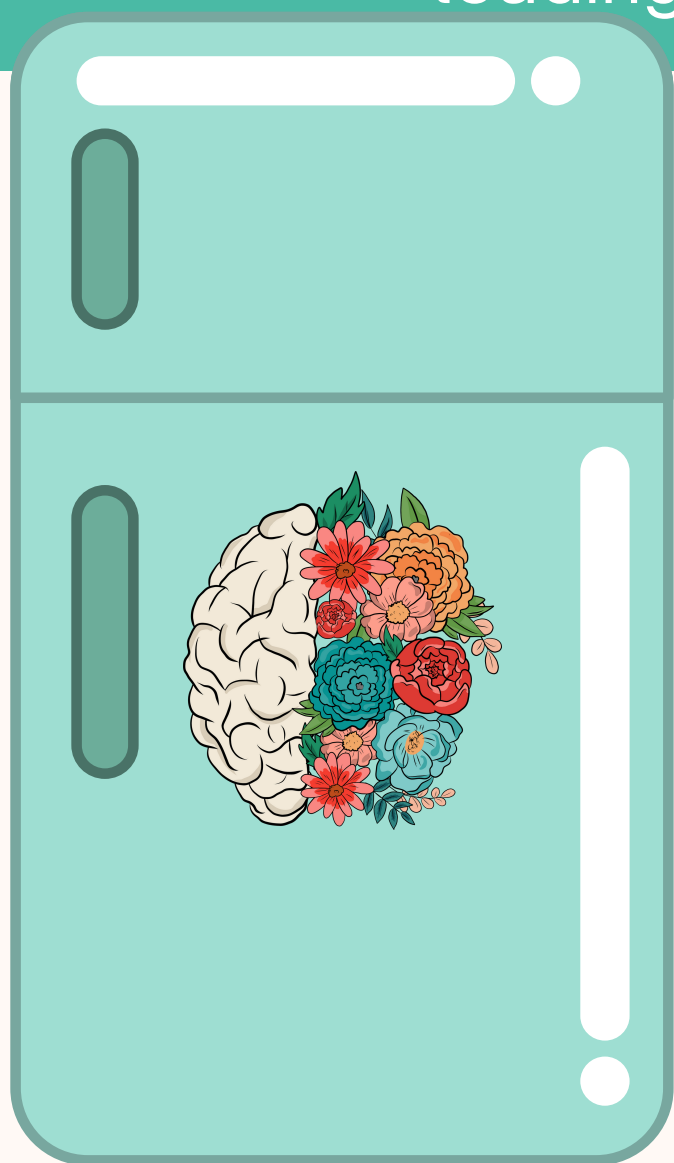




# GROWTH CHALLENGE

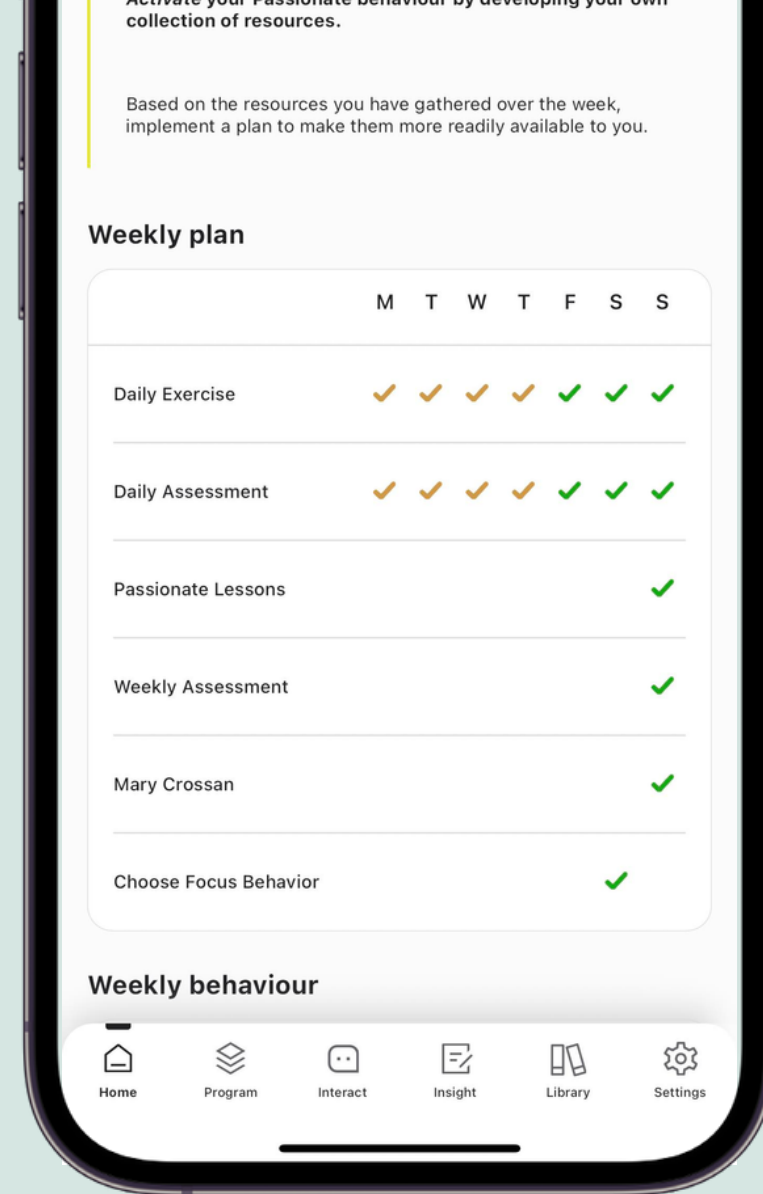
Use the Fixed vs. Growth mindset diagram and Virtuosity to practice leading with growth.



## The complete week

Share a photo of your Virtuosity home screen to show 7 days of practice in a row.

Or show us your own tracker and results if you aren't using the Virtuosity app.



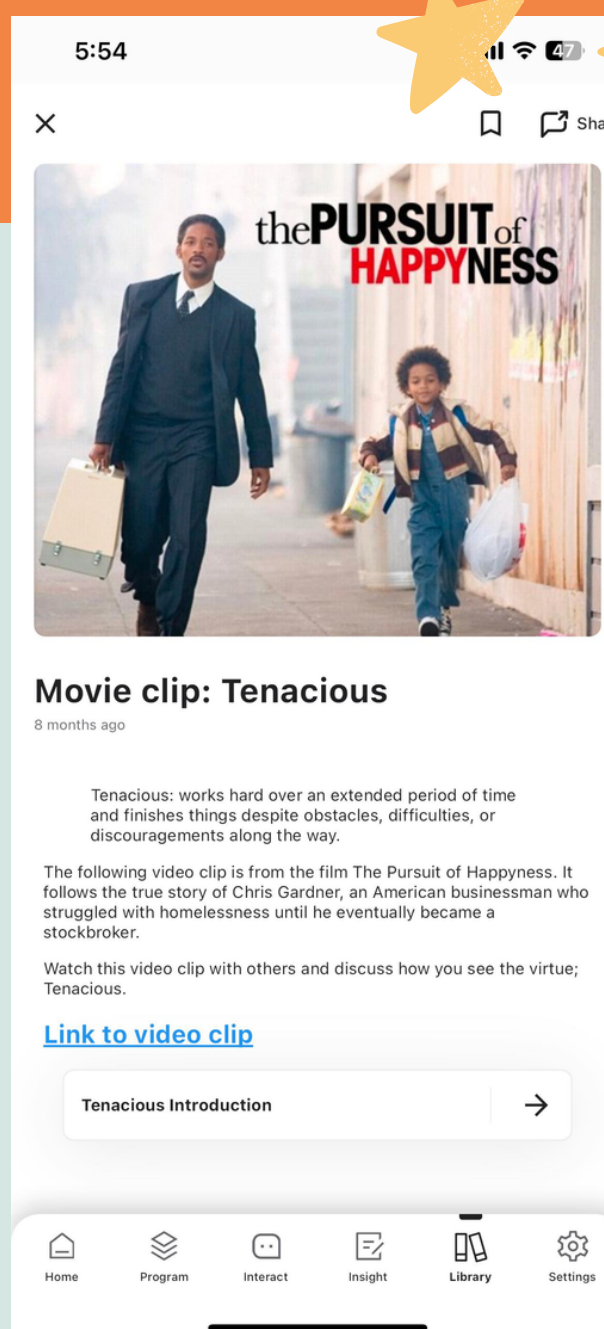
## Build a growth music playlist

Put together a playlist that inspires you to lead with growth.



## Set a reminder

Place your growth mindset scale in a place that you will see it so you remember to use it, or consider setting alarms as reminders for your character challenge.



## Find your inspiration

Do movie night with your friends that inspires your growth. Look in Virtuosity for an extensive list of movies.

## Ask a friend

Setup chats with friends to learn about how they have cultivated personal growth.



## Submit!

Deadline: Jan 29th @ 5:00 EST

Questions: [corey.crossan@politics.ox.ac.uk](mailto:corey.crossan@politics.ox.ac.uk)

Don't forget to submit for a chance to be **featured** under your university name. Let us know how you engaged with the challenge!

Scan or click to submit

