Your experiences as a learner are not restricted to your time in the classroom. Throughout your life, you will have opportunities to further develop skills and knowledge that you have yet to experience. **Life-long learning** means that we continue to learn new skills and gain knowledge throughout our lifetimes - an important part of healthy, active aging.

What are 3 skills that you will **need** to acquire in the next five years? Consider what you will need to know in order to look after yourself, your home, your vehicle, etc. How can you develop them?

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| Skills to Develop: | How: |
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What are 3 other skills that you **want** to acquire in the next five years? Consider similar categories as above, as well as those related to your hobbies and interests. How can you develop them?

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| Skills to Develop: | How: |
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**Reflect:** What are some challenges and/or opportunities might you face as part of your plans?

Individuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a **growth mindset**. They tend to achieve more than those with a more **fixed mindset** (those who believe their talents are innate gifts). This is because they worry less about looking smart or successful and they put more energy into learning. Moving from a fixed mindset to a growth mindset can help to expand your perspective and allow you to grow over time as a person.

**Choose 1 of the following:**

Describe an experience in your past in which you had difficulty moving beyond a fixed mindset. Consider moments when you experienced failures, frustration, and/or a lack of confidence. How did (or how could) having a growth mindset help overcome that obstacle?

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**OR**

Imagine a moment in your life within the next five years in which you may have to deal with a lot of adversity. How will you maintain a growth mindset as you overcome this experience? How will you avoid falling into a fixed mindset? How will maintaining a growth mindset help you learn from this experience?

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