



Growth Mindset Worksheet

Check statements that seem like familiar thought processes in the face of challenges:

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| <input type="checkbox"/> I am not smart enough | <input type="checkbox"/> I am embarrassed when I don't get it |
| <input type="checkbox"/> I believe in myself | <input type="checkbox"/> Some subjects are just too hard for me |
| <input type="checkbox"/> I'll learn how to do this | <input type="checkbox"/> Mistakes happen during learning |
| <input type="checkbox"/> Comparing yourself to others | <input type="checkbox"/> Success is about hard work |
| <input type="checkbox"/> This is too hard | <input type="checkbox"/> I'm never going to get this |
| <input type="checkbox"/> I give up | <input type="checkbox"/> Learning is fun |
| <input type="checkbox"/> I'm on the right track | <input type="checkbox"/> What will people think if I fail? |
| <input type="checkbox"/> I should try a different strategy | <input type="checkbox"/> If I work at it, I can learn this |

Describe something you learned that was challenging and took you a few tries to learn:

- Did you ever think you might not succeed?
- What different strategies did you use?
- What did your process look like?

Growth mindset: Belief that a person's most basic abilities can be developed through dedication and hard work; brains and talent are just the starting point.

Fixed mindset: Belief that a person's basic qualities, like their intelligence or talent, are simply fixed traits. Time is spent taking note of intelligence or talent rather than developing the. Belief that talent alone creates success without effort.

Which mindset do you relate to more, and why? Thoughts and reflections: