

Growth Mindset

A WORKSHEET TO CULTIVATE RESILIENCE AND CONTINUOUS LEARNING



Name: _____

Date: _____

What is a Growth Mindset?

A growth mindset is the belief that your abilities and intelligence can improve through effort, learning, and persistence.

Fixed Mindset vs Growth Mindset

Fixed Mindset	Growth Mindset
"I can't do this."	"I can learn how to do this."
"I'm not good at it."	"I'm not good at it yet."
"I failed, so I give up."	"I failed, so I'll try a new strategy."
"Others are better than me."	"I can improve with practice."

Reframe Your Thoughts

Rewrite the fixed mindset thought into a growth mindset thought:

• "I'm bad at this." → _____

• "This is too hard." → _____

• "I'll never get better." → _____

Challenge Reflection

1. A challenge I faced recently:

2. What I did when it got hard:

3. What I learned from the experience:

My Growth Goal

● One skill I want to improve:

● One action I will take this week to improve it:

Weekly Growth Tracker

Check off what you practiced this week:

- I tried something difficult
 - I didn't give up when it was hard
 - I learned from my mistakes
 - I asked for help when needed
 - I used positive self-talk
 - I practiced something consistently
 - I replaced a negative thought with a positive one
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Reflection

● One thing I improved this week:

● One thing I want to keep working on:

Remind Yourself:

"Mistakes help me grow."

"Effort builds ability."

"I don't have to be perfect. I just have to keep growing."