

Name: _____

Fixed Mindset

The belief that you cannot change, or you are unwilling to try. Not wanting to try something new because you think it is too hard, or you do not like it, is an example of a fixed mindset.

Growth Mindset

The belief that you can change, and you are willing to try new things. Trying something even when it seems difficult, or you do not think you will like it, is an example of a growth mindset.

This is too hard	I'm really good at this!	This is new but I'm willing to try it	I'm working really hard at this
This is challenging, but I'll keep trying	I'll never be good at this	No, I don't like to do it that way	Let me try a different strategy
Tomorrow I'll give this another try	I give up	I'm on the right track	That's not how I want to do it

Name:

Directions:

Read the fixed mindset statements, then write growth mindset statements that you could say instead.

Fixed MindSet Statement

This is too hard, there's no way I can do this.

Growth MindSet Statement

Fixed MindSet Statement

This is new, I know I'm not going to like it.

Growth MindSet Statement

Name:

Directions:

Read the fixed mindset statements, then write growth mindset statements that you could say instead.

Fixed MindSet Statement

This is too hard, there's no way I can do this.

Growth MindSet Statement

Fixed MindSet Statement

This is new, I know I'm not going to like it.

Growth MindSet Statement

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