



BUILDING A GROWTH MINDSET

ACTIVITY BOOK

FIXED MINDSET

vs.

GROWTH MINDSET

FIXED MINDSET

If you have a **fixed mindset**, you believe that you either are or you aren't good at something. You also believe that there are limits to what you can accomplish.

GROWTH MINDSET

If you have a **growth mindset**, you believe that with effort, you can develop and improve your skills and abilities. You also believe that there's no limit to what you can accomplish.

What do you think?

Which mindset do each of these statements indicate?

Fixed Growth

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | No one in my family is good at that. |
| <input type="checkbox"/> | <input type="checkbox"/> | I'm going to figure this out. |
| <input type="checkbox"/> | <input type="checkbox"/> | This is too hard for me. |
| <input type="checkbox"/> | <input type="checkbox"/> | I'd really like to get better at this. |
| <input type="checkbox"/> | <input type="checkbox"/> | I'll never be able to do it. |
| <input type="checkbox"/> | <input type="checkbox"/> | My brain doesn't work that way. |
| <input type="checkbox"/> | <input type="checkbox"/> | I want to learn how to do that. |
| <input type="checkbox"/> | <input type="checkbox"/> | I'm not very good at this yet. |

See below for answers.

Do any of these statements sound like something you would think or say?

Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth, Fixed, Growth

THE POWER OF YET!

Once you learn to add the word “yet” to your thoughts, all kinds of things become possible. When you feel frustrated because something isn’t going well, or you can’t get something quite right, adding the word “yet” reminds you to be patient, stay hopeful, and keep at it.

HARNESS THE POWER OF YET!

Complete the following three sentences.

I’m not very good at _____

I don’t have the skills to _____

I’m not able to _____

Now, go back and add the word **yet** to the end of each sentence.

I DON’T UNDERSTAND IT.

I DON’T UNDERSTAND IT YET.

SEE HOW ADDING THE WORD “YET”
MAKES ALL THE DIFFERENCE!

CHANGING YOUR MINDSET

HAVING A GROWTH MINDSET HELPS YOU DEAL WITH PROBLEMS AND CHALLENGES.

For each of the following situations, write down a negative **FIXED MINDSET** way to look at it. Then write down a positive **GROWTH MINDSET** way to look at it. The first one is done for you.

1. YOU DIDN'T GET THE GRADE YOU WANTED ON YOUR MATH TEST.

FIXED MINDSET

I'm just not good at math.

GROWTH MINDSET

I'll ask for help and do better on the next test.

2. YOU GOT NEW SOFTWARE FOR YOUR COMPUTER, BUT YOU CAN'T FIGURE IT OUT.

FIXED MINDSET

GROWTH MINDSET

3. YOU WANT TO TRY OUT FOR A PART IN THE SCHOOL PLAY, BUT YOU'VE NEVER DONE ANYTHING LIKE THAT BEFORE.

FIXED MINDSET

GROWTH MINDSET

4. YOU FINALLY SAVED ENOUGH MONEY TO BUY A GUITAR. YOU'VE PRACTICED, BUT YOU THINK YOU STILL SOUND TERRIBLE.

FIXED MINDSET

GROWTH MINDSET

YOUR TURN

For this last one, write down a tough situation you or someone you know is dealing with now. Then write down a **FIXED MINDSET** way to look at it, and a **GROWTH MINDSET** way to look at it.

5. _____

FIXED MINDSET

GROWTH MINDSET

WITH A GROWTH MINDSET...

1. With a growth mindset, you value the process.

Think of something you worked hard on, and are proud of.

2. With a growth mindset, you make criticism work for you.

Think of a time someone criticized you, and you used it to improve yourself or your skills.

3. With a growth mindset, you see challenges as opportunities.

Name a time when you took on a challenge.

4. With a growth mindset, when you don't succeed, you use what you've learned to try again, doing it a different way.

Write about a time you did this and were successful.

**WITH A GROWTH MINDSET, YOU CAN BECOME
THE BEST, MOST CAPABLE VERSION OF YOU!**

YOUR GROWTH GOAL

Think about a goal you'd like to achieve and complete the following.

MY GOAL

THREE STEPS I NEED TO TAKE TO REACH MY GOAL


- 1.
- 2.
- 3.

WHAT ARE SOME OBSTACLES I MIGHT ENCOUNTER?

HOW WILL I OVERCOME THESE OBSTACLES?

FOR MORE ON HOW TO BUILD A GROWTH MINDSET, WATCH THIS SHORT VIDEO.





Know
the
Power
of Yet!