

NAME

DATE

GROWTH MINDSET

THE POWER OF YET!

Sometimes your successes, failures, talents, and shortcomings, are defined by how you look at them—and by the mindset you have. If you have a growth mindset, you can turn the things you think you can't change into opportunities for growth and discovery!

FIXED MINDSET VS. GROWTH MINDSET

A fixed mindset is the belief that skills are a gift or a talent—and are therefore unchangeable. On the other hand, having a growth mindset means that you believe that with effort, you can get better.

CHANGE THE FOLLOWING FIXED MINDSETS INTO GROWTH MINDSETS. THE FIRST COUPLE ARE DONE FOR YOU.

FIXED MINDSET

GROWTH MINDSET

I'm not good at this. I probably just don't have a knack for it.

If I practice and work hard, I can be good at this.

It's easier to stick with stuff I know so I don't fail.

Stepping out of my comfort zone helps me grow and learn.

I'm not a math person.

My brain just doesn't work that way.

This is too hard for me.

WAYS TO BUILD A GROWTH MINDSET

- Turn off the fixed mindset voice that tells you you're going to fail.
- If something doesn't turn out the way you want, instead of getting frustrated or giving up, think about how you can do it differently.
- Understand the power of the word "yet."
 - I don't understand it...yet.
 - I don't know how to do that...yet.
 - I'm not good at this...yet.

WHAT'S ONE AREA IN YOUR LIFE WHERE YOU HAVE A FIXED MINDSET?

WHAT CAN YOU DO TO CHANGE YOUR MINDSET SO THAT YOU CAN GROW AND IMPROVE IN THIS AREA?
