

Fixed or Growth Mindset?

Your task:

Look at each statement below. Decide if it is a statement of a Fixed or a Growth Mindset by writing F or G beside each statement.

- _____ This is too hard for me.
- _____ I can't do it, no point trying.
- _____ This is pretty hard for me, but I will learn it, I just need to keep at it.
- _____ I'm good at it or I'm not, that's just how it is!
- _____ Why try? I'll just fail anyways.
- _____ I'm determined, I know I'll get this.
- _____ Even though I got it wrong, I sure know what to do next time.
- _____ I know I'll succeed if I stick with it.
- _____ I've always struggled.
- _____ If I fail, at least I will have learned something.
- _____ I appreciate your feedback, it helps me learn and grow.
- _____ Sometimes I'll need some help, but I know I'll get there.
- _____ They're smarter than I am.
- _____ I'm not afraid to take on challenges.
- _____ If I stay with it and practice, I'll continue to improve.
- _____ This is as good as it gets for me.
- _____ There's more than one way to attack this problem, I'll figure it out.
- _____ My hard work often pays off.
- _____ Even if I try hard, I know I can't do it.
- _____ I know what I can do to improve this next time.