

From Fixed to Growth Mindset

Fixed: I can't do this. | I'm lousy at this. | Why even bother? | This is way too hard for me
| I give up! | I'll fail at this | Everyone else is better than I am

Growth: I'll give it my best | I can do anything I put my mind to | I will persevere |
I just need to keep practicing | It's hard but I'll keep working at it | I'll get help
but I know I can do this

TASK: Look at the growth mindset strategies listed below. Check the ones you use regularly and explain when and how you use them. Then, put an **x** on the line for the ones that could help you move toward having a growth mindset and explain how they could help you.

- _____ Persistence
- _____ Effort
- _____ Learn from mistakes
- _____ Embrace challenges
- _____ Positive Outlook
- _____ Believe in myself
- _____ Request assistance when needed
- _____ Other: