

# From Fixed to Growth

**TASK:** Take a look at each of the partial statements below in the T-Chart under fixed mindset. Complete the statements to reflect yourself and then change the statement to reflect what is needed for a growth mindset.

## Fixed Mindset

## Growth Mindset

*I can't....*

*But I'll fail at....*

*I'm not very good at...*

*I always struggle with*

*I don't want to ..... because I'm not good at...*

*No way can I do that!*

*Others are naturals, I'm just not!*

*What's the point of trying? It won't change anything.*