The Old Me - The New Me

Moving from a fixed to a growth mindset takes time and practice. Use the chart below to show where you are the then where you are headed.

The Old Me	The New Me
Effort:	
When I make a mistake:	
When I encounter challenges:	
Ham T tally to a woolf	
How I talk to myself:	
When I have to try something new outside of my comfort zone:	
When I'm given feedback or criticism:	