

Growth Mindset Overview:

Everyone has both fixed and growth mindset. Developing more of a growth mindset is a process, part of the learning journey. Knowing your areas of strengths and weaknesses helps to develop a plan for increasing a growth mindset.

Use the chart to identify your strengths and weaknesses:



	Weak	Average	Above Average	Excellent
Persistence, grit and tenacity:				
Effort:				
Learn from mistakes:				
Embrace challenges:				
Positive outlook:				
Belief that you can always improve:				
Feedback is a tool to improve.				
Try new things and take risks in learning				