

# What is Your Mindset?

Is your mindset fixed? Or is your mindset a growth mindset?

**A fixed mindset:** *I was born this way and my intelligence and talent or lack of is what it is.*

**A growth mindset:** *Over time, I can improve intelligence and talent over time with effort, a positive work ethic and persistence.*

Rate yourself using the scale below. In the box below, list 3 goals that would help to increase your growth or positive mindset.

① Agree    ② Somewhat Agree    ③ Disagree

\_\_\_\_\_ If I put forth an effort, I do well at school.

\_\_\_\_\_ I use feedback for growth.

\_\_\_\_\_ I embrace physical activity and improve with regular practice.

\_\_\_\_\_ I have a positive outlook.

\_\_\_\_\_ I believe persistence pays off.

\_\_\_\_\_ I learn from mistakes.

\_\_\_\_\_ I will take risks in learning.

\_\_\_\_\_ I embrace trying something new.

\_\_\_\_\_ I embrace challenges as opportunities to improve.

\_\_\_\_\_ I see myself as a work in progress, always learning.

\_\_\_\_\_ (other)

