

# Growth Vs. Fixed Mindset

Name:

Date:

**Directions:** Choose whether or not each statement is an example of "Fixed Mindset" or "Growth Mindset"

- |   |       |        |
|---|-------|--------|
| 1. "This is too hard for me!"   | Fixed | Growth |
| 2. "I know I didn't do my best, but I will try again!"  | Fixed | Growth |
| 3. "Everybody makes mistakes, it's okay!"   | Fixed | Growth |
| 4. "I will never understand this, so I give up!"  | Fixed | Growth |
| 5. "I'm going to fail the test anyway, so I won't bother to study."                                     | Fixed | Growth |
| 6. "My father isn't a great speller, so I know I won't be."   | Fixed | Growth |
| 7. "This is challenging now, but I will practice and get better!"                                       | Fixed | Growth |
| 8. "I got the answer wrong, but now I know what to study so I don't make the same mistake next time."   | Fixed | Growth |
| 9. "I got a bad grade on my homework, so the teacher must hate me."                                     | Fixed | Growth |
| 10. "I can learn anything because I know I am capable."   | Fixed | Growth |
| 11. "Any feedback on my work is personal."  | Fixed | Growth |
| 12. "I will take criticism and apply corrections, because it will only make me better at these skills." | Fixed | Growth |
| 13. "Nothing good ever happens on Mondays."   | Fixed | Growth |
| 14. "Any day can be amazing, if I have a positive outlook."   | Fixed | Growth |

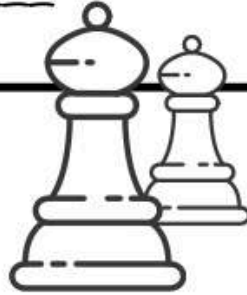
# Growth mindset vs Fixed mindset

The belief that skills and abilities

The belief that skills and abilities

Wants to \_\_\_\_\_

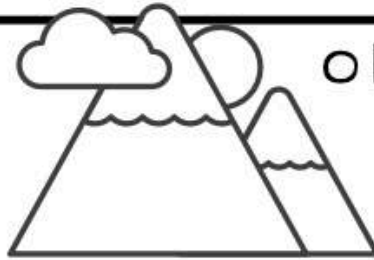
Wants to \_\_\_\_\_



\_\_\_\_\_ challenges.  
Views them as \_\_\_\_\_

\_\_\_\_\_ challenges.  
Views them as \_\_\_\_\_

Obstacles are a reason to \_\_\_\_\_



Obstacles are a reason to \_\_\_\_\_

Effort is \_\_\_\_\_



Effort is \_\_\_\_\_

Gives \_\_\_\_\_ effort.

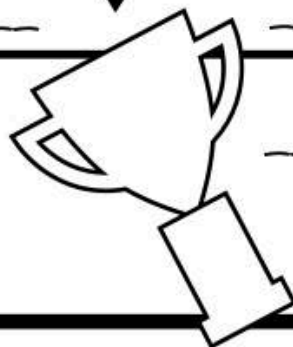
\_\_\_\_\_ effort.

Feedback is \_\_\_\_\_



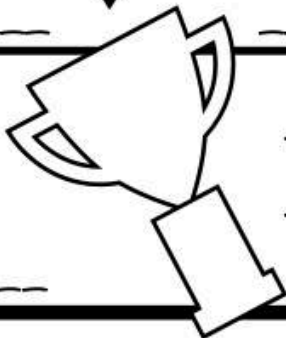
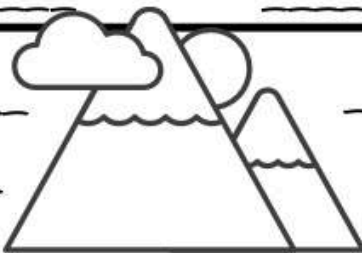
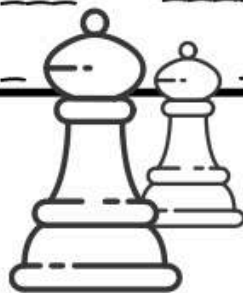
Feedback is \_\_\_\_\_

\_\_\_\_\_ the success of others.



\_\_\_\_\_ the success of others.

# Growth mindset vs Fixed mindset





# TOOLS FOR SUCCESS

## GROWTH vs FIXED MINDSET

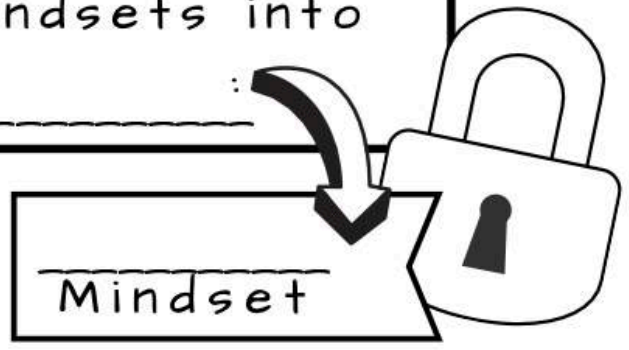
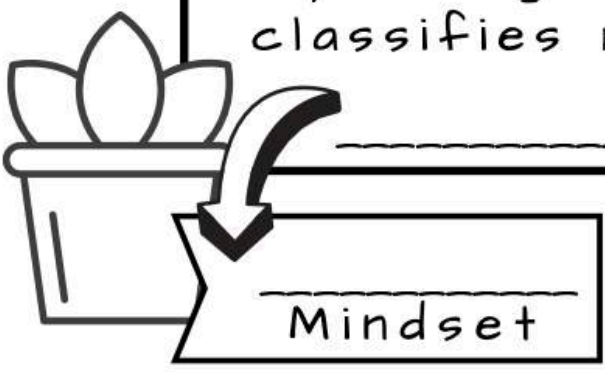


Mindset:  
an established  
set of \_\_\_\_\_  
held by someone.

Mindset is  
\_\_\_\_\_ because it  
plays a key  
role in  
\_\_\_\_\_

Whether you think  
\_\_\_\_\_ or you think  
\_\_\_\_\_, you're right.  
-Henry Ford

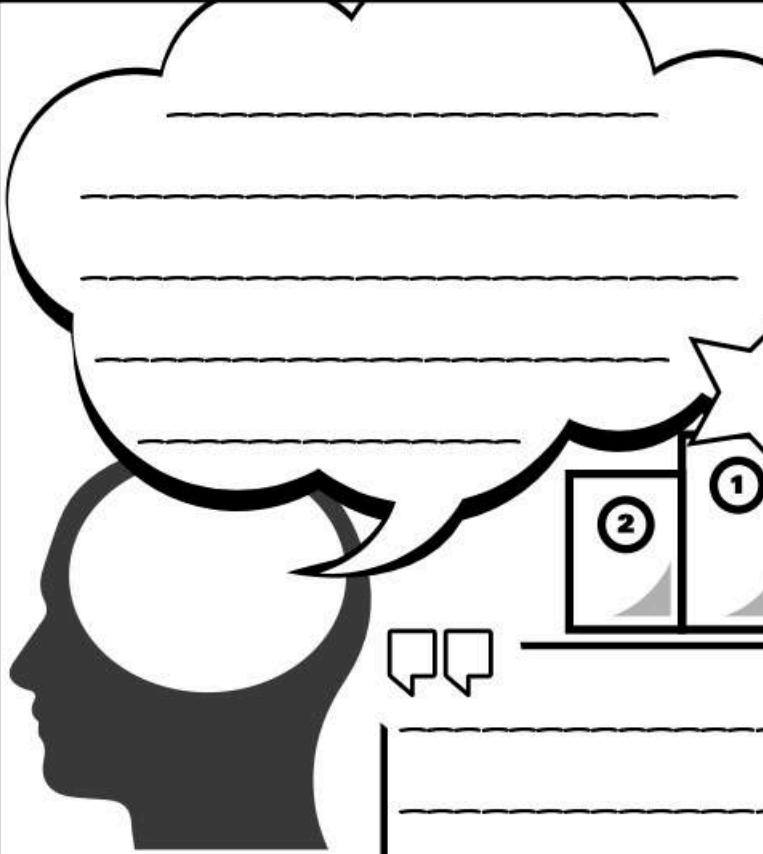
Psychologist Carol Dweck  
classifies mindsets into  
\_\_\_\_\_ :



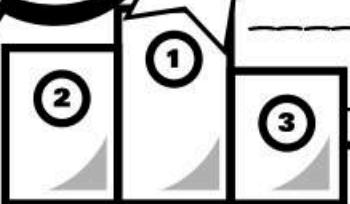


**TOOLS FOR SUCCESS**

**GROWTH vs FIXED MINDSET**



A rectangular box with several horizontal dashed lines for writing.



A rectangular box with several horizontal dashed lines for writing, flanked by speech bubble icons on both sides.



A rectangular box with several horizontal dashed lines for writing.



A rectangular box with a horizontal dashed line for writing, with an arrow pointing from the plant icon to it.

A rectangular box with a horizontal dashed line for writing, with an arrow pointing from the padlock icon to it.

