

# Growth Mindset

## Worksheet 1

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### What is the Growth Mindset?

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According to Carol Dweck there are two basic mindsets:

**Fixed:** You believe talents and abilities are basically set from birth. The abilities you're born with can be improved to a degree.

**Growth:** All abilities, including intelligence and athletic ability, can be learned and dramatically improved.

Science shows that the Growth Mindset is far more accurate. That means that we have more potential for greatness than we realize. Our options are endless. Each of our lives has more hope, possibilities, and excitement than we can imagine.

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### How do you change from Fixed Mindset to Growth Mindset?

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Dweck says there are 4 steps to changing from a Fixed to Growth Mindset:

1. **Step 1. Learn to hear your fixed mindset "voice."**
2. **Step 2. Recognize that you have a choice.**
3. **Step 3. Talk back to it with a growth mindset voice.**
4. **Step 4. Take the growth mindset action.**

Let's put her guidance to use with the exercises that follow:

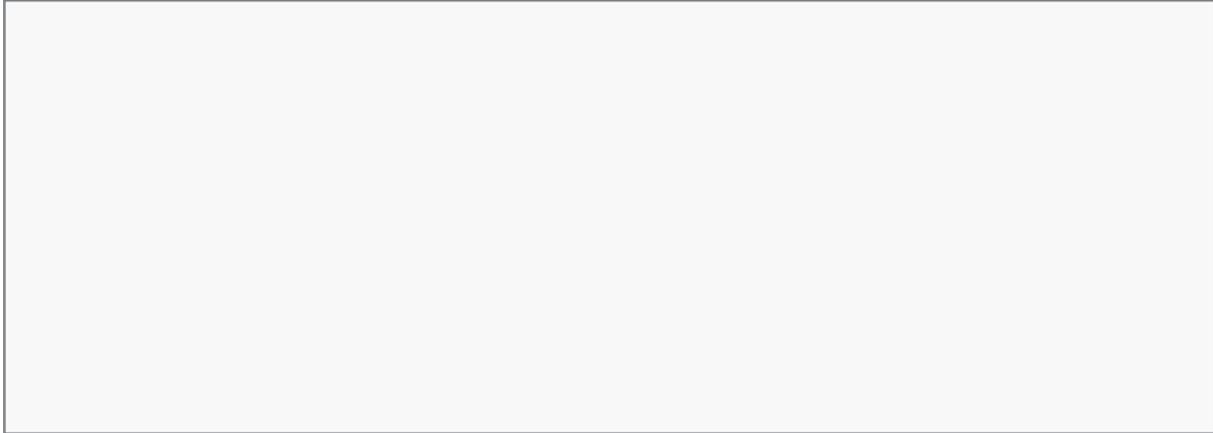
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## 1. Hear the Fixed Mindset “voice”

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The fixed mindset voice focuses on what could go wrong. What would happen if you failed.

Name **3 times** in your life where you either didn't try something because a fear of failure, or tried and failed and admonished yourself with the fixed mindset voice.



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## 2. Recognize that You Have a Choice

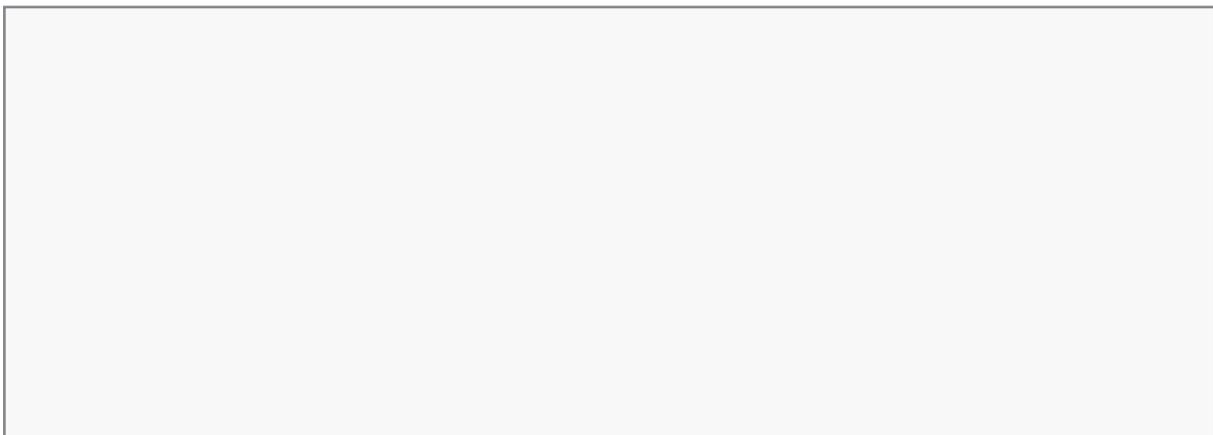
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You get to decide how you interpret what has happened.

**Fixed:** Failure means you weren't born with the abilities to succeed.

**Growth:** I'll need to improve my efforts in order to succeed next time.

What is your worst failure? At the time did you look at it with a fixed mindset? If you could look at it again with a growth mindset, how would you change what your inner voice said?



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### 3. Talk Back to it with a Growth Mindset Voice

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If you face a challenge or a failure, your fixed mindset voice might talk.

Imagine one major accomplishment you want to achieve in life. How you would you talk to yourself with a growth mindset voice:

1. **Before starting to pursue the goal**
2. **When you hit a setback**
3. **When you face criticism**

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### 4. Take the growth mindset action

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Pay attention to which voice is directing your action. List 3 things you will try to achieve with the growth mindset: