

Growth Mindset

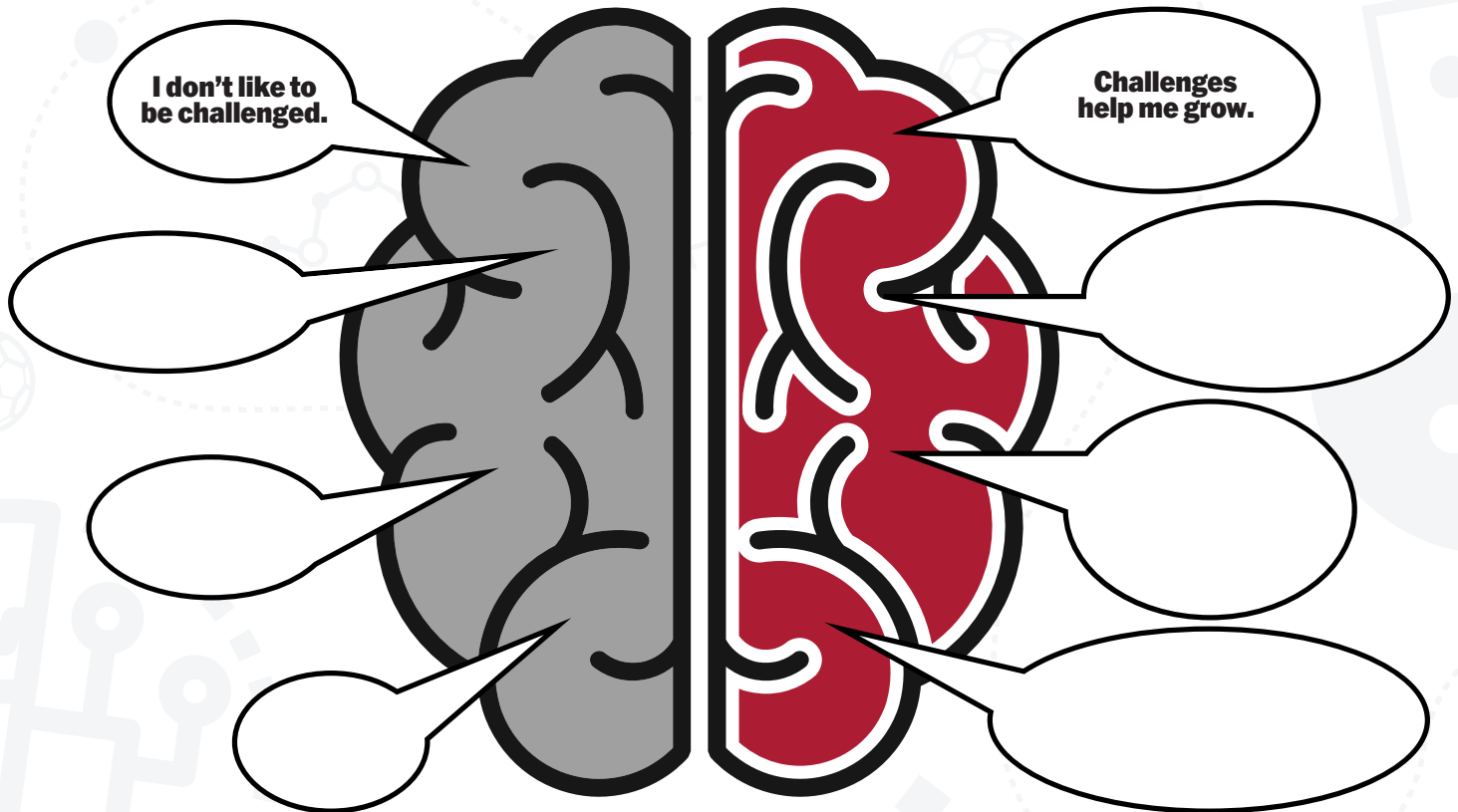
Description: A growth mindset believes in the power of yourself and your brain. A growth mindset is all about a person's attitude when facing challenges and processing failures and how they adapt and respond to setbacks. Fostering a growth mindset can help build self-awareness, self-management, relationship skills, social awareness, and goal setting.

Part 1: Think of times when you or someone else had a fixed mindset about something. Fill in the empty speech bubbles on the left with those fixed mindset thoughts. On the right, write what a growth mindset thought would look like in the speech bubbles.

Part 2: Set one goal for yourself using the table below.

FIXED MINDSET

GROWTH MINDSET



List one goal that you want to accomplish below.	What steps will you take to accomplish your goal?	How will you know when you have accomplished your goal?

SPECIFIC



What do you want to do?

MEASURABLE



How will you know when you've reached it?

ACHIEVABLE



Is it in your power to accomplish it?

REALISTIC



Can you realistically achieve it?

TIMELY



When exactly do you want to accomplish it?

