

Growth Mindset Worksheet

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

Complete the following Growth Mindset Worksheet by providing honest and thoughtful responses.

REFLECTION

1. Mindset Assessment: On a scale of 1 to 10, where 1 is a Fixed Mindset and 10 is a Growth Mindset, how would you rate your current mindset?

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1 2 3 4 5 6 7 8 9 10

2. Identifying Fixed Mindset Beliefs: List any beliefs or thoughts that may indicate a fixed mindset.

3. Recognizing Growth Mindset Thoughts: List any recent situations where you exhibited a growth mindset.

GOAL-SETTING

1. Short-Term Goals: Identify two short-term goals that align with your growth mindset. These should be achievable within the next month.

2. Long-Term Goals: Identify two long-term goals that reflect your commitment to personal and professional growth.

POSITIVE AFFIRMATIONS

I Am Statements: Write "I am" statements with positive and growth-oriented affirmations.

REFLECTION ON PROGRESS

Monitoring Progress: After a week, revisit this worksheet and reflect on your progress. Note any changes in your mindset, achievements, or challenges faced.

1. What progress have you made?

2. What challenges did you encounter, and how did you overcome them?