

MY MINDSET - WORKSHEET

Please complete your Growth Mindset Statements worksheet.

MY GROWTH MINDSET STATEMENTS
I CAN CHANGE MY MINDSET WITH MY WORDS!

Instead of saying:

I am not good at this

I can say:

Instead of saying:

This is too hard

I can say:

Instead of saying:

I give up

I can say:

Instead of saying:

I am not as smart as my friend

I can say:

Instead of saying:

I am really good at maths

I can say:

Instead of saying:

I am afraid I will make a mistake

I can say:

Instead of saying:

I can't do this

I can say:

Instead of saying:

I won't try because I might fail

I can say:

Instead of saying:

I made a mistake

I can say:

Instead of saying:

It's good enough

I can say:



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EXERCISE TWO:

A subject/an event in my life where I could use my growth mindset:

What change will I make to the way I think about this subject/this life event?

What will I say to myself?

How do I think I will feel when I use a growth mindset?