


Growth Mindset vs Fixed Mindset Worksheet

1. Self-Assessment: Which Mindset Do You Usually Display?

Place a  in the column that describes your usual thoughts:

Situation	Fixed Mindset	Growth Mindset
When I fail...	"I'm just not good at this."	"Failure helps me learn."
When I'm challenged...	"I can't do this."	"This may take time and effort."
When others succeed...	"They're just lucky or talented."	"I can learn from them."
When I get feedback...	"It's a personal attack."	"Feedback helps me improve."

2. Reframe These Common Fixed Beliefs

Fixed Mindset Thought	Growth Mindset Reframe
"I'll never be good at this."	"I can get better with practice."
"I always make mistakes."	"Mistakes are part of learning."
"I hate being wrong."	"Being wrong means I'm growing."

3. Mindset Reflection Journal

Write a few lines for each:

- What is one area of life where you feel stuck?
Example: I avoid public speaking because I think I'm not confident.
- What fixed mindset thought do you often have about it?
Example: "I always mess up in front of people."
- What growth mindset thought could you replace it with?
Example: "Each time I speak, I get better."

4. Growth Action Plan

Write one small action step for this week that helps you practice a growth mindset:

➡ This week, I will: _____

➡ I'll measure progress by: _____

5. Weekly Mindset Tracker

Day	Did I face a challenge?	Did I try something new?	Did I use a growth mindset?
Monday	✓ / ✗	✓ / ✗	✓ / ✗
Tuesday	✓ / ✗	✓ / ✗	✓ / ✗
Wednesday	✓ / ✗	✓ / ✗	✓ / ✗
Thursday	✓ / ✗	✓ / ✗	✓ / ✗
Friday	✓ / ✗	✓ / ✗	✓ / ✗