



Fixed or Growth Mindset

Developed by Dr. Carol Dweck, the terms: *fixed mindset* and *growth mindset* are the underlying beliefs people have about learning and intelligence.

People with a *fixed mindset* believe their potential is limited and determined at birth. Those with a *growth mindset* believe their potential is unlimited and understand putting in more effort allows them to achieve their goals.

Someone with a Fixed Mindset	Someone with a Growth Mindset
	

Gives up easily	Loves a challenge
Likes to try new things	Won't try new and hard things
Feel threatened by the success of others	Is inspired when other do well
Believe if they don't try they won't make a mistake	Believe effort helps them learn
Takes feedback personally	Understands that feedback is gives them the opportunity to improve
Doesn't improve or change	Keeps trying until they can do it

Growth Mindset Worksheet

#	Describe an old fixed mindset action	What did you tell yourself (Reflection)	Why did you feel this way (Realisation)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			