



1. Do you believe you typically have a growth mindset or a fixed mindset?
2. Are there any situations that you think you could better approach by shifting your mindset?

Examples that illustrate shifting from fixed mindset to growth mindset:

- ❖ "I am not good at this" → "What am I missing?"
→ "I'm not good at this yet but can be with time"
- ❖ "I give up" → "I can try a different strategy"
- ❖ "I'm afraid I'll make a mistake" → "If I make a mistake, I'll learn from it and get better"
- ❖ "This is too hard" → "This may take some time"
- ❖ "I made a mistake" → "Mistakes are okay because they help me learn"
- ❖ "I will never make new friends" → "Forming relationships takes time"
- ❖ "This is good enough" → "Is this my best? Can I work to improve it?"
- ❖ "I won't try because I might fail" → "If I don't do well, I can try until I succeed"
- ❖ "I'm great at this" → "I practiced and learned how to do this"

Challenge:

Identify 1 or 2 ways that you may be stuck in a fixed mindset and break them down the way the example demonstrates above.

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