Growth Mindset

What is a Growth Mindset?

A growth mindset is the belief that your abilities can improve with effort, learning, and persistence—even when you face challenges.

Growth Mindset Worksheet

High school

Rate your current mindset in each area (1-10):

1 = Very Fixed

10= Very Growth Oriented

Area	Rating
Academic ability	
Athletic/physical ability	
Creative/artistic ability	
Social intelligence	
Leadership capability	
Technological aptitude	

What influences your mindset the most in these areas?

Mindset Triggers

Describe two specific situations where you notice yourself slipping into fixed mindset thinking:

Situation 1:

My typical thoughts:

Describe the physical sensations you feel during this situation:

Resulting behavior:

Situation 2:

My typical thoughts:

Describe the physical sensations you feel during this situation:

Resulting behavior:

Strategies for Growth

For each fixed mindset statement, write a reframe that acknowledges difficulty while maintaining a growth perspective:

(A) "I'm terrible at calculus and should just drop the class." _____

_____

(B) "Some people are just naturally good writers. I don't have that talent." _____

_____

(C) "I've tried three different approaches and none worked. This is hopeless." _____

_____

Think about a recent failure or setback that felt significant to you:

What happened?

_____

_____

_____

What specific things did you learn from this experience?

_____

_____

_____

How will you apply these learnings to future situations?

_____

_____

_____

_____

_____

_____

Social Awareness & Relationship Skills

For each scenario, write feedback that promotes growth rather than judgment:

A classmate who is struggling with their part of a group project:

A friend who is discouraged after not making a sports team:

A sibling who is avoiding practicing for a music recital:

Analyze how the people around you influence your mindset (good or bad):

Person/Group	How they influence my mindset	One way I could respond differently

Responsible Decision-Making & Goal Setting

Growth occurs at the edge of your comfort zone.

Identify one area where you want to grow and design a series of increasingly challenging goals:

Area of growth:

Slightly challenging goal:

Moderately challenging goal:

Significantly challenging goal:

For one of your growth goals, create a detailed implementation plan:

Specific goal:

Timeline:

Potential obstacles:

Strategies to overcome obstacles:

How I'll track progress:

How I'll maintain motivation:

Reflection & Integration

Looking back at your life so far:

One skill/ability you've significantly improved through deliberate practice:

What helped you develop this ability?

Looking forward:

One ability you'd like to develop over the next year:

Why this matters to you:

First steps you'll take:

Write 3-5 principles or reminders that will help you maintain a growth mindset even when facing challenges:

1.

2.

3.

4.

5.