

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

Middle school

☐ Circle True or False for each statement below:

The brain can form new neural connections throughout your life.

True

False

Some people are naturally good at certain subjects and others will never be.

True

False

Struggling with a difficult concept means you're getting smarter.

True

False

Making mistakes actually helps your brain grow.

True

False



Read each scenario and identify whether it demonstrates a fixed or growth mindset. Then, rewrite the fixed mindset statements to reflect a growth mindset:

Scenario 1:

After getting a C on her English essay, Mia thinks, "I guess I'm just not a good writer."

Mindset Type:

Growth mindset alternative:

Scenario 2:

Carlos struggles with his science project but says, "This is challenging, but I'll keep experimenting until I figure it out."

Mindset Type:

Scenario 3:
When learning to code, Aiden gets frustrated and says, "I'm not a tech person. Some people get this stuff and I don't."

Mindset Type:


Growth mindset alternative:

Scenario 4:
After not making the basketball team, Zoe decides, "I need to work on my shooting and defense skills for next year's tryouts."

Mindset Type:

Scenario 5:
Your friend texts you: "I bombed the math test. I'm just not a math person and never will be."

Write a response that acknowledges their feelings but encourages a growth mindset:

 We all have areas where it's easier to maintain a growth mindset and others where we tend to slip into fixed thinking:

- List three situations that trigger a fixed mindset for you:
- 1.

 - 2.

 - 3.

What thoughts typically go through your mind?

How does your body feel when this happens?

What actions do you usually take?

Strategies for Growing your Brain



Transform these statements by adding "yet" and explaining what you could do to grow in this area:

Example: "I can't run a mile very fast" —————→ I can't run a mile very fast **YET**, but I will keep running so I can become faster."

(A) "I don't understand quadratic equations." _____

(B) "I'm not good at public speaking." _____



Success isn't just about the end result—it's about the process and progress.

Think about something you're currently learning or improving. Rate yourself on your progress:

What are you currently learning or improving?

What stage of learning/improving are you in right now?

☐ Beginning stage ☐ Developing stage ☐ Advanced stage

List three specific improvements you've noticed in your progress (not just results):

- 1. _____
- 2. _____
- 3. _____

Decision Making & Goal Setting



Rate how likely you are to take on challenges in different areas (1-10):

1 = Avoid

10= Seek out

Areas	Rating
Academic challenges	
Physical/athletic challenges	
Social challenges	
Creative challenges	

Choose one area where you'd like to embrace more challenges. What's one specific challenge you could take on in the next week?



Set a specific growth goal for yourself:

Area for growth:

Specific, measurable goal:

Three actions I'll take to develop in this area:

1.

2.

3.

How I'll respond if I face setbacks:

The most important thing I learned about growth mindset today is:

One way this will change how I approach challenges in the future is:
