

Name: _____

Date: _____

Growth Mindset

What will I say to myself?

Instead of...	Try saying...
I'm not good at this.	What am I missing?
I already know how to do this!	How can I better challenge myself to keep improving?
I give up.	I will apply some of the keys and principles or a different method to improve.
This is too hard.	
This is as good as I'm going to get.	
I just can't _____ (pass, serve set, spike, do math, chemistry, or any other subject).	
He is so smart/good at that. I'll never be that smart/good.	
Plan A didn't work.	
I pass/serve/set/spike (or any other subject) good enough.	
I just made a mistake.	
I'm so much better than them.	

Growth or Fixed Mindset

Check the column that most closely embodies the mindset of each statement	Growth	Fixed
1. I'm not good at this.		
2. I love challenges!		
3. I don't like it when I make mistakes.		
4. This is too difficult.		
5. When I get frustrated, I persevere.		
6. Perfect practice makes perfect.		
7. I want to try again.		
8. I can always improve, so I'll keep trying.		
9. When I fail, I learn.		
10. I'll never be as good as him.		
11. I learn from criticism and follow advice.		
12. I feel like giving up when my friends do better than me.		
13. I'm no good at _____ (passing, serving, setting, hitting, math, or any other subject).		
14. My friends inspire me when they do well.		
15. Is this my best effort?		
16. I'm either good at it or I'm not.		

Fixed Mindset	Your Situation	Growth Mindset
Intelligence and talent are fixed and you are born with all you get!		Intelligence and talents can be changed by work and effort.
To look smart or talented in every situation. To never fail.	What you desire?	To stretch and grow. To try things and take risks because you can learn.
Will you fail or succeed at this event or task? Will this event or task make you look smart or dumb? Afraid to fail.	Your evaluation of the possible task or event	Will this event help you learn and grow? Will it challenge you? Not afraid to fail
Avoid challenges because you could fail. You fear challenges.	How you face challenges?	Embrace challenges because they offer the opportunity to grow. You love challenges!
Give up easily and blame someone or something.	How you face external obstacles?	Persist despite the existence of obstacles
Why bother? It can't change anything. Effort means you lack talent.	How you see effort and work?	Fantastic. Any growth requires effort and work. Effort is the path to success.
Ignore criticism. Become defensive. How can you hide the criticism?	How you take feedback/criticism?	Interested. You want to learn from criticism. How can this help you grow and learn?
Threatened and fearful. If someone else succeeds then they might be viewed as more talented than you.	How do you feel about other people's success	Happy. Other people's success means that you can learn from them. You are inspired!
Impede cooperation and teamwork, feedback and growth	Effect on Others	Invite cooperation and teamwork, feedback and growth
Fixed mindset people tend to plateau and achieve less than their full potential	End Result	Growth Mindset people tend to keep growing and reach higher and higher levels of achievement.

FIXED MINDSET

MINDSET CHARACTERISTICS

GROWTH MINDSET

SET - YOU HAVE WHAT YOU HAVE

SKILLS+INTELLIGENCE

CAN BE GROWN AND DEVELOPED

HOW THEY LOOK
PERFORMANCE FOCUS

MAIN CONCERN

LEARNING / GETTING BETTER
PROCESS FOCUS

SOMETHING YOU DO
WHEN YOU'RE NOT GOOD

EFFORT

AN IMPORTANT PART OF
LEARNING

GIVE UP / CHECK OUT

CHALLENGES

PERSEVERE / WORK THROUGH
IT - SHOW MORE GRIT

TAKE IT PERSONAL
GET DEFENSIVE

FEEDBACK

LIKE IT / USE IT TO LEARN

HATE THEM / TRY
TO AVOID MAKING THEM

MISTAKES

TREAT THEM AS A LEARNING
OPPORTUNITY

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