Growth Vs. Fixed Mindsets

**Directions:** The statements listed below represent a fixed mindset. Next to each one, write an example of how you could reframe that statement to reflect a growth mindset. The first one has been done for you as an example.

<table>
<thead>
<tr>
<th>Fixed Mindset</th>
<th>Growth Mindset</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am just not a math person at all. I’ll never understand it!</td>
<td>This particular skill is challenging for me, but I’ll keep trying until I get it.</td>
</tr>
</tbody>
</table>

1. This is good enough.

2. I’ll never be as smart as he is.

3. This is too hard.

4. I don’t like making mistakes.

5. I give up.

6. I’m an expert at this!

7. It’s a waste of time to keep trying.

8. Plan A didn’t work out.

9. I just can’t do math.

10. It’s easy for her because she’s so smart.