

Student Name:

Date:

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.

Fixed Mindset		Growth Mindset
	I am just not a math person at all. I'll never understand it!	This particular skill is challenging for me, but I'll keep trying until I get it.
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.	