



Growth Mindset Worksheet

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* This worksheet will help you reflect on and develop a growth mindset. By adopting this mindset, you can overcome challenges, embrace learning, and keep moving forward even when faced with difficulties.

What is a growth mindset?



A growth mindset is the belief that abilities and intelligence can be developed through dedication and hard work. It encourages perseverance, learning, and resilience.

1 Reflection

Identify a recent challenge or setback you faced:

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How did you react initially?

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What did you learn from this experience?

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How could you approach a similar challenge in the future with a growth mindset?

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What steps can you take to develop your skills in this area?

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2 Affirmations

Write down a positive affirmation to help foster your growth mindset:

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3 Goals for Growth

List 2-3 areas where you would like to improve and grow.

• 1.

• 2.

• 3.