GROWTH MINDSET NO CUT FLIPBOOK



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GROWTH MINDSET

Growth mindset is the idea that your skills and abilities can grow and change as a result of hard work and practice. The idea is the harder your try and the more you challenge yourself, the better you will become. Instead of letting set backs or failures get them down, people with a growth mindset think positively and know that if they keep practicing, they will eventually be able to accomplish anything they set their mind to.

Some common examples of growth mindset statements are below.

Circle the statements you need to tell yourself more often.

What could I be missing?

This may take some time.

How can I get better?

There is room to improve.

How can I practice this?

I will learn how to do this.

I just need to keep trying.

Mistakes help me learn.

What else can I try?

I might not know it now, but I will learn it.

They know it better, how can they help me learn?

I'm going to train my brain to be able to do this.

Think about the fixed mindsets you crossed out on the previous page and the growth mindsets you circled on this page.

Place them into one of these two categories:

1) I should stop telling myself- statements that hurt you
2) I should tell myself- statements that help you

I should stop telling myself:

I should tell myself:



three GROWTH MINDSET

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Growth vs. Fixed

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MY MINDSET

GROWTH VS. FIXED

Here are some examples of fixed mindset statements and the growth mindset statements you could say instead. Match each fixed statement with a replacement growth statement.

FIXED MINDSET

This is too hard

__ I give up.

I'm not good at this.

I keep messing up. I'll never get it.

I'll never be that smart.

I can't do it but they can.

__ I just can't do this.

I can't make this any better.

I'll never understand this.

GROWTH MINDSET

A. I will learn how to do this.

B. What am I missing?

C. I can always improve.

D. I am going to train my brain in this.

E. This may take some time to learn.

F. What can I learn from them?

G. Mistakes help me learn

H. I'll try a different strategy.

I. I will learn how with practice.

How could you change these fixed mindsets into growth mindsets?

Fixed Mindset #1:

"I can't do this.
I'll never be smart
like they are."

Fixed Mindset #2:

"This doesn't matter.
I'm just going to get it wrong anyway."

Fixed Mindset #3:

"I'm never going to understand this. It is too hard."

What could you say instead to change this fixed mindset to a growth mindset?

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to change this fixed mindser

g/Ath

g/Ath

what could you say instead to change this fixed mindset to a growth mindset?

Counselor Why do you think this type

Why do you think this type of statement is better?

Why do you think this type of statement is better?

Why do you think this type of statement is better?

four

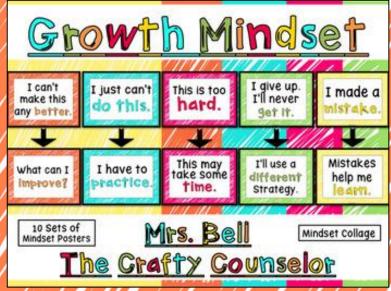
Growth vs. Fixed

five

MY MINDSET

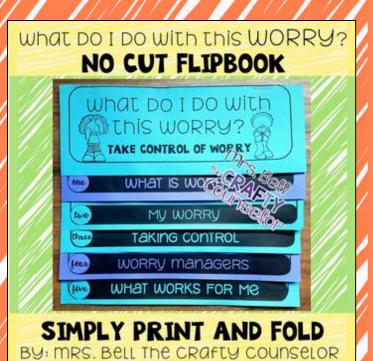


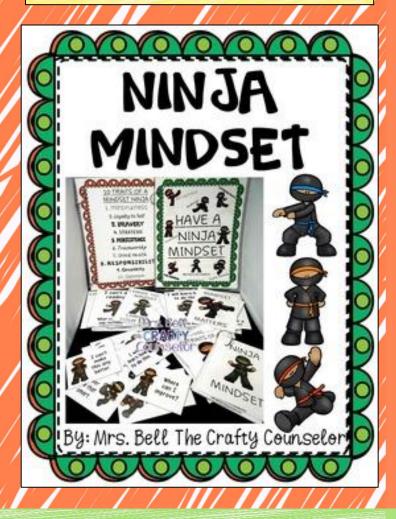
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Mrs. Bell The Crafty Counselor