

# GROWTH MINDSET NO CUT FLIPBOOK



## GROWTH MINDSET



change your mindset, change your life

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WHAT IS MINDSET

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Fixed Mindset

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GROWTH MINDSET

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Growth vs. Fixed

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MY MINDSET

Mrs. Bell  
The CRAFTY  
Counselor

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BY: MRS. BELL THE CRAFTY COUNSELOR

# 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 you 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:
	

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## 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?

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

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

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

# Stay Connected:



**Mrs. Bell**  
**The Crafty Counselor**

# You may also like:

## Growth Mindset

I can't make this any better.	I just can't do this.	This is too hard.	I give up. I'll never get it.	I made a mistake.
↓	↓	↓	↓	↓
What can I improve?	I have to practice.	This may take some time.	I'll use a different strategy.	Mistakes help me learn.

10 Sets of Mindset Posters

**Mrs. Bell** Mindset Collage

**The Crafty Counselor**

## What DO I DO with this WORRY?

### NO CUT FLIPBOOK

one WHAT IS WORRY

two MY WORRY

three TAKING CONTROL

four WORRY MANAGERS

five WHAT WORKS FOR ME

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## Calm Down Tools

### No Cut Flipbook

one My Triggers

two My Anger

three Calming Strategies

four Taking Control

five What Works For Me

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## 12 poster sets

# G R O W T H

Mindset Collage

I'm not GOOD at this.	I give up. I'll never GET IT.	This may take some TIME.	What can I IMPROVE?
What am I MISSING?	I'll use a DIFFERENT strategy.	This is too HARD.	I can't make this any BETTER.

# M I N D S E T

By: Mrs. Bell The Crafty Counselor

# NINJA MINDSET

By: Mrs. Bell The Crafty Counselor