

# Growth Mindset Worksheet

**Name:**

**Age:**

**Occupation:**

**Clinician:**

**Date:**

**Instructions:** Work with your coach or therapist to complete the following sections on this worksheet. Try to be as honest and thoughtful as possible.

## Reflection

### 1. Mindset assessment

On a scale from 1 to 10 (where 1 represents a fixed mindset and 10 represents a growth mindset), where do you think you sit? Please circle just one number below:

1

2

3

4

5

6

7

8

9

10

Fixed

Neutral

Growth

### 2. Identifying fixed mindset beliefs

List any negative beliefs or thoughts you experience regularly. Include any limiting beliefs about your abilities, potential, or character:

### 3. Recognizing growth mindset thoughts

Reflect on any recent situations where you exhibited a growth mindset. This can include a time you persevered through something difficult, a time you improved, or a time you surprised yourself with your abilities:

## Goal setting

### 1. Short-term goals

Identify two short-term goals for fostering your growth mindset. These should be achievable within the next month:

### 2. Long-term goals

Identify two long-term goals that reflect your commitment to personal/professional/academic growth:

## Positive affirmations

**'I am' statements:** Write three positive and growth-oriented affirmations beginning with 'I am.'

## Progress reflection

### 1. Mindset assessment

On a scale from 1 to 10 (where 1 represents a fixed mindset and 10 represents a growth mindset), where do you think you sit? Please circle just one number below:

1            2            3            4            5            6            7            8            9            10

Fixed

Neutral

Growth

### 2. Identify any fixed mindset beliefs you struggled to let go of within the last week.

### 3. Identify any growth mindset beliefs and cognitions you experienced this week.

### 4. What challenges did you encounter, and how did you overcome them?