

# Growth Mindset Worksheet

Name:

Age:

Date:

**Instructions:** Complete the following Growth Mindset Worksheet by providing honest and thoughtful responses.

## Reflection

1. **Mindset Assessment:** On a scale of 1 to 10, where 1 is a Fixed Mindset and 10 is a Growth Mindset, how would you rate your current mindset?

Rating: \_\_\_\_\_

2. **Identifying Fixed Mindset Beliefs:** List any beliefs or thoughts that may indicate a fixed mindset.

3. **Recognizing Growth Mindset Thoughts:** List any recent situations where you exhibited a growth mindset.

## Goal-Setting

1. **Short-Term Goals:** Identify two short-term goals that align with 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 and professional growth.

### Positive Affirmations

- **I Am Statements:** Write "I am" statements with positive and growth-oriented affirmations.

### Reflection on Progress:

- **Monitoring Progress:** After a week, revisit this worksheet and reflect on your progress. Note any changes in your mindset, achievements, or challenges faced.

1. **What progress have you made?**

2. **What challenges did you encounter, and how did you overcome them?**