

Name: _____ Date: _____

Growth Mindset vs. Fixed Mindset

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| 1. I embrace challenges | A. I'm no good at this |
| 2. Is this the best I can do? | B. I stick to what I know |
| 3. I can always improve | C. Abilities determine things |
| 4. What am I missing? | D. I can't do this |
| 5. I like to try new things | E. I avoid challenges |
| 6. Mistakes help me learn | F. I give up when challenged |
| 7. I work hard to get through challenges | G. I can't make this better |
| 8. My effort and attitude determine everything | H. I don't want feedback |
| 9. I learn from feedback | I. This is good enough |
| 10. I can use strategies I have learned | J. I'm either good at it or not |
| 11. I can learn anything I want to | K. I got it wrong, oh well |