

GROWTH OR FIXED MINDSET WORKSHEET

	Tick the correct column then self-assess your work	GROWTH MINDSET	FIXED MINDSET
1.	I'm not good at this		
2.	I love challenges		
3.	I don't like it when I make mistakes		
4.	This is too difficult		
5.	Practise makes perfect		
6.	I want to try again		
7.	When I get frustrated, I persevere		
8.	I can always improve, so I'll keep trying		
9.	When I fail, I learn		
10.	I'll never be as smart as her		