



LESSON HANDOUT

Growth Mindset

Example: Your alarm does not go off, and you miss the bus for school.

FIXED MINDSET STATEMENT

I can never get up on time.

GROWTH MINDSET STATEMENT

Tomorrow I will get up 10 minutes earlier.

1. You do not get picked for the school baseball team.

FIXED MINDSET STATEMENT

GROWTH MINDSET STATEMENT

2. You fail your driver's exam.

FIXED MINDSET STATEMENT

GROWTH MINDSET STATEMENT

3. Your teacher notices that you are doing really well in a subject and assigns a challenging leadership project and you are afraid to fail.

FIXED MINDSET STATEMENT

GROWTH MINDSET STATEMENT

4. Your friend's mom offers you a job at her office after school, and you worry you do not know enough to be successful.

FIXED MINDSET STATEMENT

GROWTH MINDSET STATEMENT

5. Everyone in class seems to understand the material and you do not.

FIXED MINDSET STATEMENT

GROWTH MINDSET STATEMENT