



Growth or Fixed Mindset

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. When I get frustrated, I persevere.		
6. Practise makes perfect.		
7. I want to try again.		
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.		
11. I learn from criticism and follow advice.		
12. I feel like giving up when my friends do better than me.		
13. I'm no good at numeracy.		
14. My friends inspire me when they do well.		
15. Is this my best work?		
16. I'm either good at it or I'm not.		



Growth or Fixed Mindset

Tick the correct column then self-assess your work.

	Growth Mindset	Fixed Mindset
17. I can't do it yet.		
18. There's no point trying.		
19. Okay, so I got it wrong. How can I fix it?		
20. I'm going to train my brain to get better at this.		
21. Mistakes help me to make progress.		
22. I'm on the right track!		
23. I will put in time and effort to get better at this.		
24. I only want to do easy work.		
25. I can't do any of this work.		

Next, re-write the fixed mindset comments as growth mindset comments.

Changing Fixed Mindset Comments into Growth Mindset Comments

Write down a sentence number, then re-write as a growth mindset sentence below.

Growth or Fixed Mindset Answers

	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. When I get frustrated, I persevere.	✓	
6. Practise makes perfect.	✓	
7. I want to try again.	✓	
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.		✓
11. I learn from criticism and follow advice.	✓	
12. I feel like giving up when my friends do better than me.		✓
13. I'm no good at numeracy.		✓
14. My friends inspire me when they do well.	✓	
15. Is this my best work?	✓	
16. I'm either good at it or I'm not.		✓

Growth or Fixed Mindset Answers

	Growth Mindset	Fixed Mindset
17. I can't do it yet.	✓	
18. There's no point trying.		✓
19. Okay, so I got it wrong. How can I fix it?	✓	
20. I'm going to train my brain to get better at this.	✓	
21. Mistakes help me to make progress.	✓	
22. I'm on the right track!	✓	
23. I will put in time and effort to get better at this.	✓	
24. I only want to do easy work.		✓
25. I can't do any of this work.		✓