



CHANGING FROM A FIXED MINDSET TO A GROWTH MINDSET

Names: _____

Based on the information you learned in class...

For each belief in the "Fixed Mindset" column, fill in an opposite "Growth Mindset" belief.

| Fixed Mindset Beliefs | Growth Mindset Beliefs |
|------------------------------|-------------------------------|
| She is always mean. | |
| He never listens to me. | |
| It does not pay to be kind. | |
| I'll never have any friends. | |

Choose one "Growth Mindset" belief and list three or four ways a person could put this belief into action.

Growth Mindset Belief: _____

What are 3 or 4 ways this belief can be put into action?

1. _____

2. _____

3. _____

4. _____
