

Growth Mindset Worksheet



A growth mindset is the belief that your abilities, intelligence, and talents can be developed through effort, good strategies, and learning from mistakes. It invites curiosity, resilience, and self-improvement.

When you approach challenges with a growth mindset, obstacles transform into opportunities to expand your skills and confidence. Instead of thinking 'I can't do this,' growth mindset thinking asks, 'What can I learn from this?'

This worksheet guides you to reflect on your thoughts, reframe limiting beliefs, and build habits that support lifelong growth and personal success.



1. Fixed vs. Growth Mindset

List three fixed-mindset thoughts you've had recently. Rewrite each one using growth-mindset language.

2. Challenges

Describe a recent challenge. How could you approach it with curiosity and effort instead of fear?

3. Effort & Practice

Write down one skill you want to improve. What small steps can you take this week to practice?

4. Mistakes as Information

Think of a recent mistake. What did it teach you? How can you apply that learning?

5. Encouraging Self-Talk

Write three encouraging phrases you can use when you feel stuck or frustrated.

6. Growth Mindset Action Plan

Choose one area of your life to apply growth mindset this month. What actions will you take?

7. Growth Mindset Project: 7-Day Challenge

For the next seven days, commit to practicing one small action that strengthens your growth mindset. Choose an area where you'd like to grow — such as creativity, communication, fitness, gratitude, or learning — and complete one tiny activity each day. Keep notes on what you learned, what surprised you, and any changes you noticed in your mindset.
