

Growth Mindset Action Plan

This didn't work out. What's my next step?

1. What happened?

2. What was your strategy?

3. Why did you choose that strategy?

4. What happened when it didn't work out?

5. Describe what's been going through your head since then.

6. What have you learned that will help you do better next time?

7. What new strategies can you try or who can you ask for help?

8. What's the new plan?

9. How will you deal with thoughts that could keep you from trying?

Try saying something else

Decide which phrases belong in which column. Think about the phrases you use and be prepared to discuss with the group how these

can affect your mindset.

I can't do this.

This is too hard.

I can learn from my mistakes.

It's not going to work anyway.

It'll take me some time to get this.

I give up.

I need help understanding this.

I'll try it a different way.

I can't improve.
(Fixed mindset)

I can improve with the right strategies.
(Growth mindset)

