

Growth Mindset Workbook



Mindset Matters: Fixed vs. Growth

Learning Objective: Students will be able to define fixed and growth mindsets and identify their characteristics.

Brain Warm-Up

What do you already know about how our brains learn?

Sentence frames to help you start:

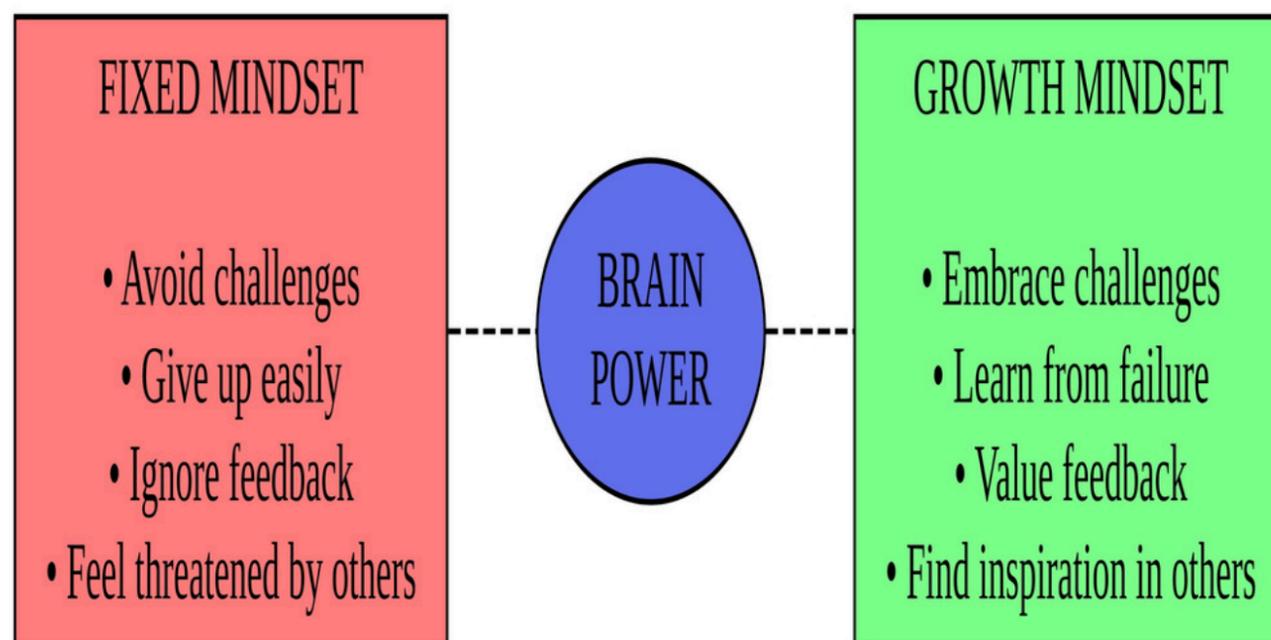
- I think our brains learn by...
- When I learn something new, my brain...

Fixed Mindset

The belief that your intelligence and talents are fixed traits that cannot be changed.

Growth Mindset

The belief that you can develop your abilities and intelligence through dedication and hard work.



This chart compares the thoughts and actions of someone with a fixed mindset versus a growth mindset.

Your Brain Can Grow!

This amazing ability is called **neuroplasticity**. Think of your brain like a forest. When you learn something new, you create a new path. The more you practice and challenge yourself, the wider and clearer that path becomes. Every time you try hard and learn from mistakes, you are physically building a stronger, smarter brain.

Identifying Fixed Mindset Statements

1. Spot the Fixed Mindset

Read the statements below. Color the boxes for statements that show a fixed mindset. The first one is an example.

- I'm just not a math person.
- This is too hard, so I give up.
- I'll use the strategies I learned.
- She's a natural talent; I can't compete.

Teacher Think-Aloud

Statement: "I'm just not a math person."

My thinking:

- The words "I'm just not" suggest the belief that ability is permanent and cannot be changed.
- This implies that math skill is something you are born with, not something you develop through practice.
- This is a fixed mindset because it closes the door to effort and improvement.

2. Partner Practice: Sort & Explain



Students collaborating in a classroom.

With a partner, sort these statements into 'Fixed' or 'Growth' mindset categories. Then, use a sentence starter below to explain your reasoning for one of them.

Statements to sort:

"I can't make this any better." | "Mistakes help me learn." | "I'll ask for help." | "I'm a failure."

Fixed Mindset

Growth Mindset

Sentence Starters:

- We categorized the statement '...' as a ... mindset because...
- The words '...' made us think it was a ... mindset since...

3. Your Turn: Reflect & Identify

Think about fixed mindset statements you have heard or even thought yourself. Write three examples below.

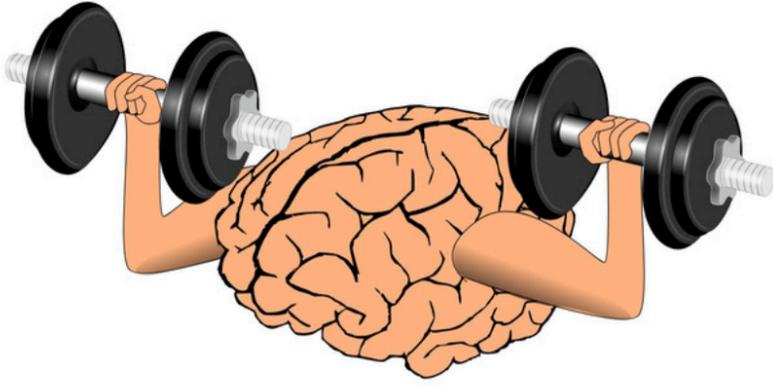
1.

2.

3.

Flipping Your Script

From Fixed to Growth Mindset



Reframing is like changing the channel in your brain. When you catch a **fixed mindset** thought, you can consciously flip it to a **growth mindset** one. This simple shift focuses on learning and progress, not on judgment.

Fixed Mindset Thought	The Reframe (Growth Mindset)
"I'm not good at this."	"I'm not good at this yet. What steps can I take to improve?"
"This is too hard."	"This is challenging, which means I'm learning. I will try..."
"I made a mistake. It's over."	

My Reflection Corner

Think about a fixed mindset thought you sometimes have. Use a sentence starter below to help you reflect, then reframe it into a growth mindset statement.

- When I struggle with _____, I sometimes think...
- After making a mistake in _____, my first thought is...
- I feel like I can't improve at _____ because...

Personal Belief-Reframing

Use this chart to identify a fixed belief, explore why you might hold it, and then practice reframing it into a growth-oriented perspective. An example is provided.

Fixed Belief	Why I Might Think This	Growth Reframe
<i>I'm bad at math.</i>	I got a bad grade on my last test and struggled with the homework.	Math is challenging, but I can improve with practice and by asking for help.
<i>Making new friends is too hard.</i>	<i>I think this because...</i>	<i>Even though it feels hard, I can...</i>
<i>I'll never be good at sports.</i>		<i>Instead of thinking that, I can try...</i>
<i>It's not worth trying if I might fail.</i>		

Growth Reframe Word Bank

yet • learn • improve • grow • strategy • practice • effort • opportunity • challenging • ask for help • understand • develop • different approach

Making Connections & Annotating

Connect to Your Life

Reading about challenges can remind us of our own experiences. Think about a time you faced a challenge and kept trying. Describe what happened and what you learned about yourself.

This reminds me of a time when I...

Your Annotation Toolkit

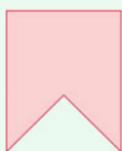
As you read, use these symbols to mark important parts of the story. This helps you track how characters show a growth mindset.



Star a moment where a character shows a growth mindset (e.g., trying a new strategy after failing).



Circle a part where a character learns from a mistake or receives helpful feedback.



Underline words or phrases that show a character's effort and perseverance.



Mark challenges or setbacks with a triangle to show what the character had to overcome.

The Incredible Power of YET!

"Yet" is a small word that reminds us that learning is a journey, not a race.

From "Not Yet" ...

"I can't do this."

"I'm not good at math."

Your example:

...to "YET!"

"I can't do this **YET.**"

"I am learning to get better at math."

Reframe Your Thinking

I can't _____ **YET,**
but I'm learning to _____
by _____.

Track Your Growth!

My Goal / Skill:

Step 1

Step 2

Step 3

Learning From Mistakes

What happened?

What I learned

What I'll try next time

A New Perspective: Mistakes as Metaphors

Mistakes are like _____

because _____

Example:

Mistakes are like **seeds** because **they help you grow.**

Sentence Frames to Help:

- From this I learned...
- My new plan is to...
- I can try a different approach by...

Draw your metaphor here

I Can Because...

This is a space to celebrate your abilities and understand your strengths. For each section, reflect on a success you had and explain the skill or quality that made it possible. This helps you build confidence and recognize your own growth.

Academic Growth

Today in class, I was successful at _____. I can do this because...

Social Growth

I showed kindness or respect to someone by _____. I can be a good friend because...

Creative Growth

I expressed my creativity today when I _____. I can be creative because...

Growth Word Bank

Action Words

practiced, focused, listened,
tried, improved, solved

Feeling Words

proud, capable, confident,
positive, inspired, happy

Skill Words

organized, persistent, patient,
thoughtful, imaginative

Today's Check-In

Circle the word that best describes how you feel about your growth today.

Confident

Growing

Challenged

Name: _____

Date: _____

Bouncing Back: Your Resilience Workbook

By the end of this workbook, you will be able to identify, analyze, and learn from mistakes to build personal resilience.

What is Resilience?

Resilience is like being a rubber ball. When you drop it, it hits the ground and bounces right back up. In life, 'hitting the ground' can mean making a mistake, facing a challenge, or dealing with a tough situation.

Being resilient means you can 'bounce back' from these moments. It's the skill of learning from what happened and trying again, which helps you grow stronger and more confident in school and in life.



Just like a ball bounces back after hitting the ground, resilience is our ability to recover from challenges and mistakes.

How Do You Handle Mistakes? A Quick Reflection

Read each statement below. In the box, write a number from 1 to 5 to show how much it sounds like you when you make a mistake. (1 = Not at all like me, 5 = Very much like me)

When I make a mistake, I feel upset or frustrated for a long time.

I think that making a mistake means I'm not smart or good enough.

I avoid trying things where I think I might make a mistake.

I can find the lesson in my mistakes.

I try again after I make a mistake, even if it's hard.

Growth Mindset Foundations

Fixed Mindset

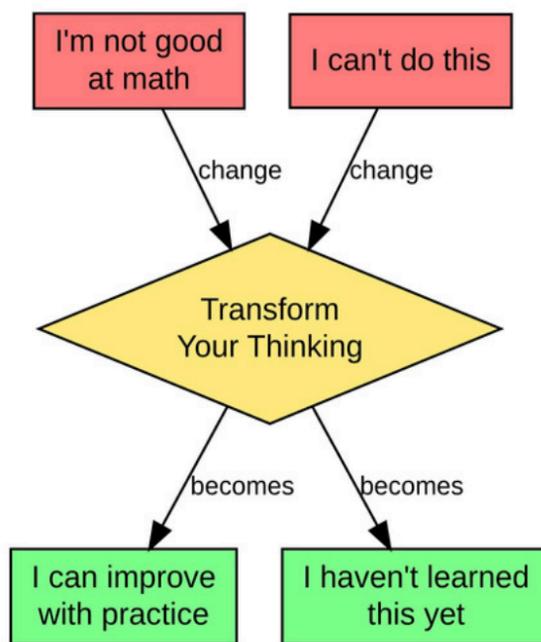
This is the belief that your intelligence and talents are fixed traits. You're either good at something or you're not.

Example: "I'm not good at math, so there's no point in trying harder."

Growth Mindset

This is the belief that your abilities can be developed through dedication, effort, and learning.

Example: "This is tricky, but I can improve if I practice and ask for help."



Transforming your thoughts.

Famous Failures

J.K. Rowling

Her book about a boy wizard, *Harry Potter*, was rejected by 12 different publishers before it was finally accepted.

Michael Jordan

Widely considered one of the greatest basketball players ever, he was once cut from his high school's varsity basketball team.

My Mindset Moments

Reflect on your own experiences. When have you shown each type of mindset?

Describe a time you had a **fixed mindset** thought. What was the situation?

Describe a time you had a **growth mindset** thought. What was the situation?

Scenario Analysis: Part 1

Common Scenarios

Let's explore some common situations where we might make mistakes:

- Struggling on a math test
- Nerves during a presentation
- Conflict with a friend

Our Analysis Framework

Ask yourself these questions to understand the situation:

1. What happened?
2. What emotions came up?
3. What thoughts followed?
4. What actions resulted?

Let's Practice: The Math Test

Scenario: Imagine you are taking a math test. You studied hard, but the questions feel much more difficult than you expected. You glance at the clock and realize time is running out.



A classroom learning environment.

1. What happened?

2. What emotions came up?

3. What thoughts followed?

4. What actions resulted?

Scenario Analysis: Part 2

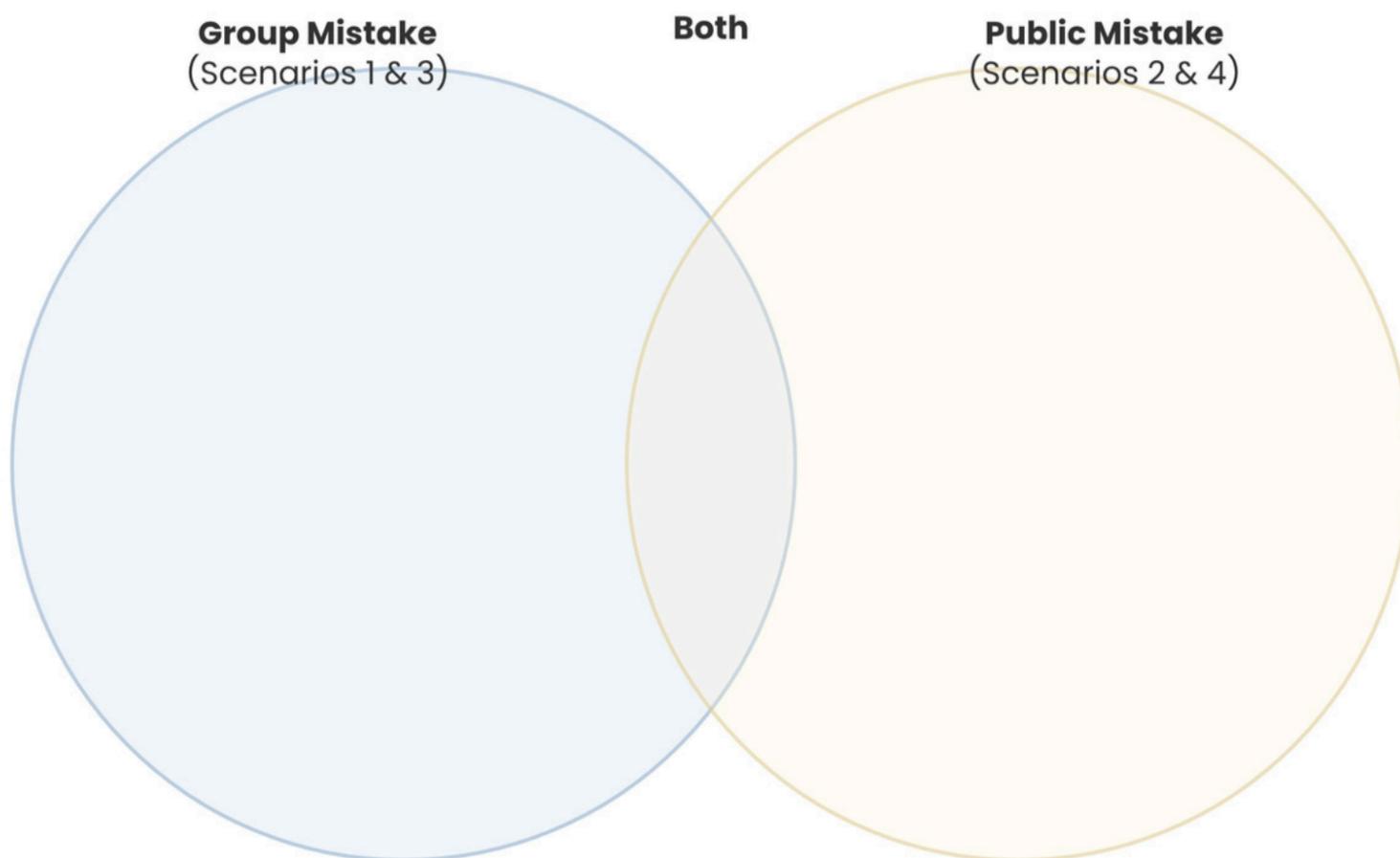
Scenario 3: You're in a group project and realize your part was done incorrectly, which now affects everyone else's work.

How would you handle this situation?

Scenario 4: You practiced for weeks for a solo performance (e.g., music, speech) and make a noticeable mistake in front of the whole audience.

How would you handle this situation?

Compare & Contrast: Finding Patterns



Reflection Corner

What I noticed about how I respond to mistakes...

Use these starters to help:

- *A pattern I see is...*
- *I tend to feel/act...*
- *In the future, I want to try...*

Introducing Affirmations

What are they & why do they help?

Affirmations are short, positive statements you can say to yourself. They help train your brain to think more positively and can build your confidence and resilience when you face challenges.

Mistakes are proof that I am trying.

I can learn and grow from my challenges.

It's okay not to be perfect.

Creation Workshop

Your guide to creating affirmations.

1. Start Positive

Begin with phrases like "I am," "I can," or "I will." Focus on what you want to be or achieve.

2. Keep it Present

Write your affirmations in the present tense, as if they are already true. This helps your mind accept them.

3. Make it Yours

Create a statement that feels personal and true for you. It should be something you genuinely want to believe.

My Resilience Affirmations

Write and decorate 3 personal affirmations that resonate with you below.

Failure → Lesson Log

Mistakes aren't dead ends; they're detours that teach us a new way to our destination. This log is a tool to help you reflect on your 'failures' and discover the valuable lessons hidden within them. Let's turn every stumble into a step forward.

Sample Log Entry

What happened?

I got a poor grade on a math quiz because I waited until the last minute to study and didn't ask for help on the topics I found confusing.

How did I feel?

I felt disappointed in myself and embarrassed by the grade. I was also anxious about how it would affect my overall average.

What did I learn?

I learned that procrastination leads to stress and poor results. I also realized that it's important to be proactive and seek help when I don't understand something, instead of waiting until it's too late.

How will I apply this lesson?

Next time, I will start studying for quizzes at least three days in advance and will go to my teacher's office hours if I have questions.

My First Log Entry

What happened? Describe a recent mistake or failure.

How did I feel? Be honest about your emotions.

What did I learn? What is the key takeaway or lesson?

How will I apply this lesson? What specific action will you take next time?

Weekly Failure → Lesson Log

Week ___ Log

Mistake/Failure:

What I Learned:

Week ___ Log

Mistake/Failure:

What I Learned:

Week ___ Log

Mistake/Failure:

What I Learned:

Reminder Tips

- Be honest, but also be kind to yourself. This log is for learning, not judging.
- Focus on the lesson, not just the mistake. What can you do differently next time?
- Self-compassion is key. Everyone makes mistakes; it's a natural part of growing.

Challenge Corner

'The Bigger the Mistake, the Bigger the Lesson'

Use this space to analyze a more significant mistake or challenge you faced. What happened? What were the immediate consequences? Most importantly, what is the single biggest lesson you can take away from this experience, and how will it help you grow?

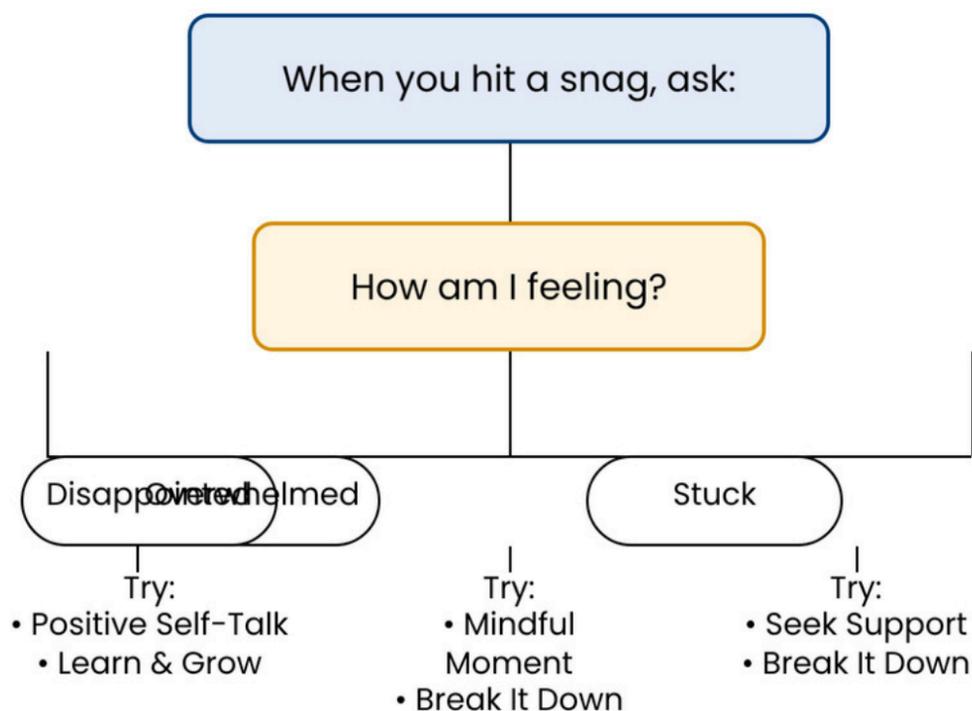
Building Your Resilience

Resilience Strategies Toolbox

Here are practical strategies to use when you face a mistake or a setback.

- 1. Positive Self-Talk:** Reframe negative thoughts into constructive, kind ones.
- 2. Break It Down:** Turn a large problem into smaller, more manageable steps.
- 3. Seek Support:** Talk to a friend, teacher, or family member for perspective.
- 4. Mindful Moment:** Take a few deep breaths to calm your mind and body.
- 5. Learn & Grow:** Ask yourself, "What can I learn from this for next time?"

Strategy Selection Guide



Practice Scenario

You studied hard for a science test but got a lower grade than you expected. You feel really disappointed in yourself and a little embarrassed because you told your friends you were prepared.

Using the guide, which strategy (or strategies) would you choose? Explain why in the space below.

Uniock the potential in every learner with the **Growth Mindset Workbook** – an empowering tool to cultivate positivity, resilience, and lifelong learning!

This engaging 8,5 x 11 inch resource guides students through the principles of self-improvement with reflective exercises, affirmations, and practical strategies to transform setbacks into opportunities for growth.

Ideal for classrooms, counseling, or personal development, this workbook encourages critical thinking, persistence, and a positive mindset to overcome challenges and achieve success.

✈️ **What's Inside:**

- 111 interactive learning pages
- Vibrant, motivational visuals
- 📝 Journaling prompts and self-reflections
- 📄 Available in PDF and PNG format for print or digital learning

Designed with heart by Nota's Creations – where education meets creativity!