

Growth Mindset Worksheets

1. What is something you have learned recently that you are proud of?
How did you learn it?

2. Describe a time when you faced a challenge and how you overcame it.

3. What goals do you have for yourself in the next year? How will you work towards achieving them?

4. Think about a subject or topic that you find difficult. What can you do to improve your understanding of it?

5. How do you respond when you make a mistake or don't understand something? What can you do differently to stay motivated and keep trying?

6. What are some ways that you can push yourself out of your comfort zone to try something new or different?

7. Write about a role model who has a growth mindset and how they inspire you to cultivate one too.

8. What are some strategies you can use to stay motivated and focused on your learning goals?

9. Describe a time when you received constructive feedback that helped you improve. How did you apply the feedback?

10. Reflect on a time when you worked hard to achieve a goal. What did you learn from the experience?
