

GROWTH MINDSET

DAILY ACTIVITIES FOR 10 WEEKS

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 1

THURSDAY
I AM AN AMAZING PERSON!

There are plenty of things you are amazing at! Write about one of them.

FRIDAY
I DESERVE TO BE HAPPY!

Write about something you know you deserve to be happy about.

DID YOU KNOW?
GROWTH MINDSET!

Students who exhibit a growth mindset can develop abilities and achieve their goals through motivation, hard work, and a growth mindset. Do you have a growth mindset?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 2

MONDAY
I BELIEVE IN MYSELF!

Write about a time you have believed in yourself.

TUESDAY
I AM CAPABLE OF DOING ANYTHING!

When was the last time you did something you thought you were not capable of doing?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 3

THURSDAY
I CAN GET THROUGH ANYTHING!

Write about a time you told yourself this or you should have done it.

FRIDAY
IT IS OK TO NOT KNOW EVERYTHING!

What would you like to know that you do not know yet?

DID YOU KNOW?
MISTAKES!

Mistakes are FANTASTIC! So, why are mistakes good for the brain? It has to do with strengthening the connections en route to the correct answer. Each mistake brings us a bit closer to success. Write about the last mistake you have made.

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 4

What is one of your fears? How do you face it today?

How are you working hard to reach your goals you have set to accomplish?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 7

THURSDAY
I CAN MAKE A DIFFERENCE!

How are you making a difference in the world, in your school, or at home?

FRIDAY
ALL OF MY PROBLEMS HAVE SOLUTIONS!

What are some problems you might be facing today and which could be their solutions?

DID YOU KNOW?
SETBACKS!

Setbacks are useful because they provide information in the form of feedback. A setback indicates that something went wrong, and you now have the opportunity to figure out why, learn from it, and prevent it from happening again. What are some setbacks you have had in life?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 8

What are the techniques you use to be resilient and ready to learn? Explain.

What are you willing to do today to make a bright and fresh new start?

Daily activities to reinforce upper elementary and middle schoolers into starting their day with a growth mindset.

YOU CAN FIND WEEK 1 FOR

FREE

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 9

THURSDAY
I AM WORTHY!

What are all those amazing virtues that make you worthy? You have plenty!

FRIDAY
I CAN DEVELOP SELF-CONTROL!

What strategies do you use to self-regulate yourself?

DID YOU KNOW?
EMBRACE TOUGH STUFF!

When you embrace the tough stuff, you open yourself up to fully realize your potential and all that you can be. Instead of depending on luck or "natural" talent, you focus on developing your skills and abilities, and learning from your efforts.

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 10

MONDAY
I BELIEVE IN THE POWER OF POSITIVE THINKING!

What are some positive thoughts and words you tell yourself daily?

TUESDAY
I AM READY FOR ANY CHALLENGES!

What are some challenges you might face today and how will you face them?

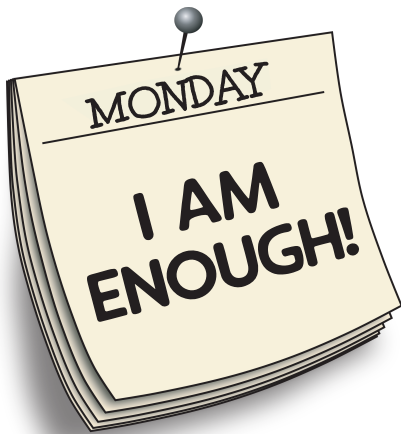
WEDNESDAY
I CAN IMPROVE MYSELF!

What would you like to improve in yourself?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 1



Write about the time that you have felt and known you are enough!



Write about something you get better at every day!

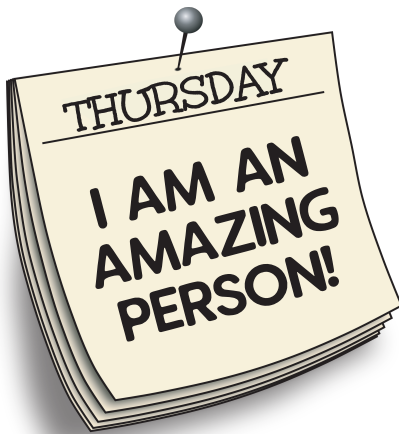


Write about one thing you are proud of yourself.

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 1



There are plenty of things that make you amazing! Write about one of them.



Write about some things that make you know you deserve to be happy.



Students who exhibit a growth mindset believe that, despite obstacles and challenges, a person can develop abilities and achieve goals through motivation, hard work, and practice.

Do you have a growth mindset? Why or why not?

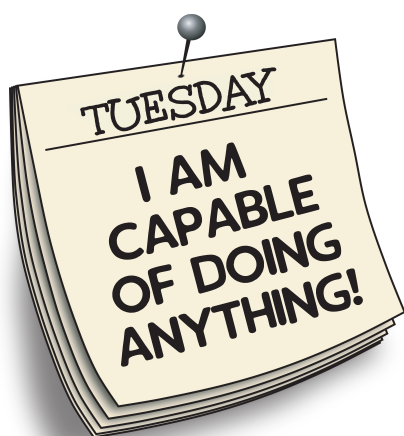
Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 2



Write about a time, you have believed in yourself!



When was the last time you told yourself you can do anything? Explain.



This is completely true! What do you want to be? Explain.

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

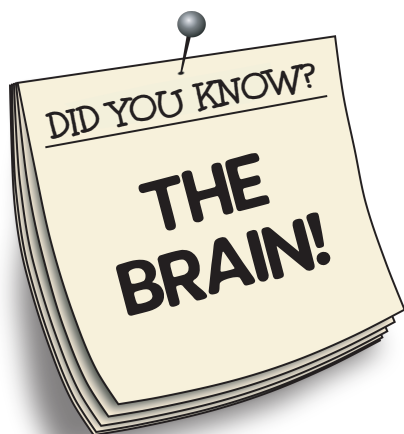
Week 2



When have you last tried your hardest and told yourself it was good enough?



Make a list of all the things you have right now! You have it all!

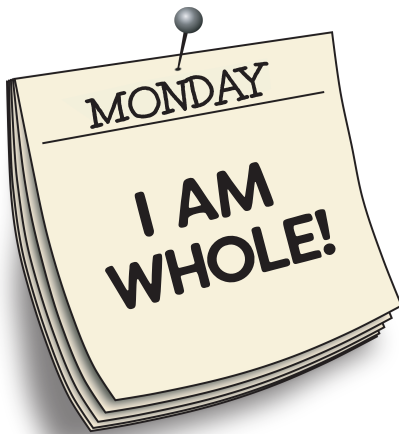


The brain **IS** malleable. No, really, it's true. The physical structure of the brain and the neural connections can actually **BE CHANGED** as a result of experiences, new learning, and memory formation! How can you mold your brain?

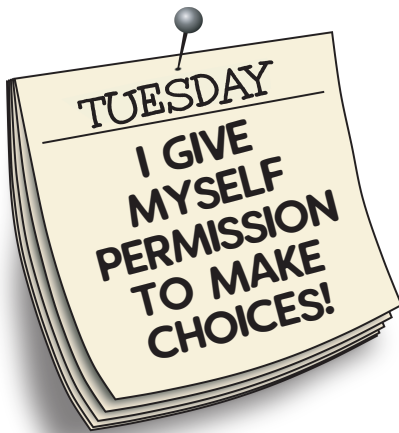
Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 3



You are a complete person with everything you need! Explain why.



You have the choice to choose. Do you normally choose wisely? How?



There are always opportunities to do better. Do you take them? When? How?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 3



Write about a time you told yourself this or you should have done it.



What would you like to know that you do not know yet?



Mistakes are FANTASTIC! So, why are mistakes good for the brain? It has to do with strengthening the connections' route to the correct answer. Each mistake brings us a bit closer to success. Write about the last mistake you have made.

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 4



What is one of your fears? How will you face it today?



How are you working hard to meet the goals you have set to accomplish?



What are some dreams you have?
What would you like to accomplish?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 4



Who are the people in your life that love and respect you? How?



What are some of the things you believe in and stand up for?



Research shows that even with 45 minutes of growth mindset training, students showed improved engagement, which also resulted in higher grades. How are you training your mind daily?

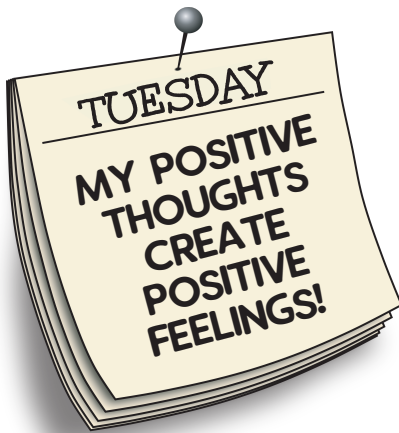
Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 5



How do you control your own happiness? Explain.



When have you noticed that your thoughts have created positive feelings?

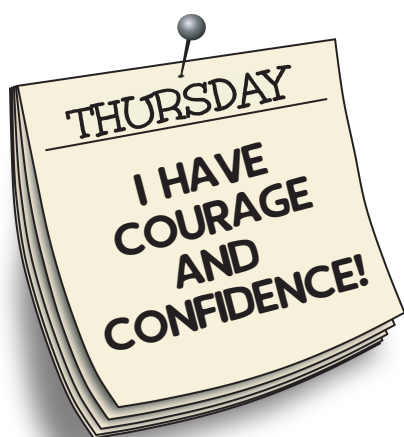


How can you step out of your comfort zone? When have you done it?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 5



How can you describe the courage and confidence inside of you? Explain.



You DO Matter! Write some of the things why this is a true statement.



A growth mindset helps you take responsibility for your actions and decisions because you don't blame others for them. When have you taken responsibility for your actions without blaming others?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 6



Yes it will! Explain why.



When have you ever experienced growth when making a mistake? Explain.

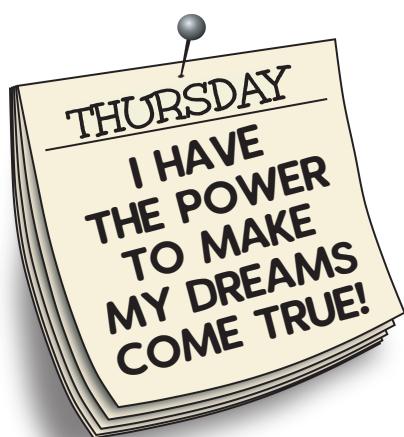


What are some of the abilities that make you believe in yourself? Explain.

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

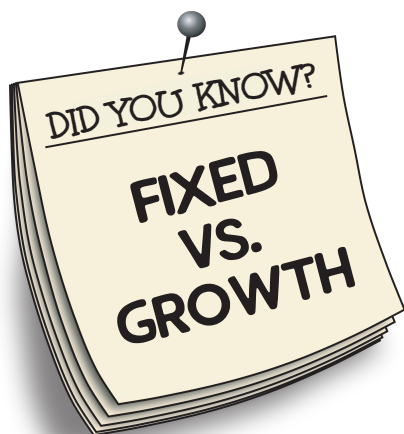
Week 6



What are some of the dreams you will make come true in the near future?



What are some of the mistakes you forgive yourself for having made?



A fixed mindset can cause you to measure your whole self-worth on single events. A growth mindset realizes that these are single events that do not define you. When have you ever belittled yourself for an event that happened? Why? How could you have changed this?

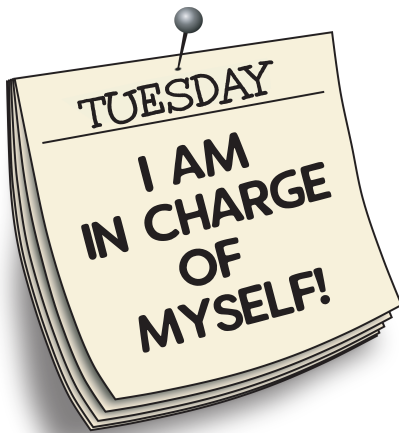
Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 7



What are some challenges you have right now? How are they helping you grow?



How do you take care of yourself? How are you in charge of who you are?

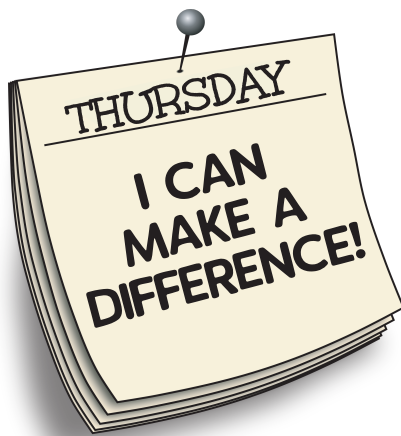


How will you choose to be confident today? What will you do?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

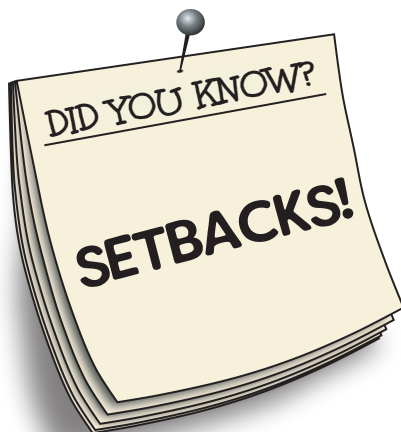
Week 7



How are you making a difference in the world, in your school, or at home?



What are some problems you might be facing today and which could be their solutions?



Setbacks are useful because they provide information in the form of feedback. A setback indicates that something went wrong, and you now have the opportunity to figure out why, learn from it, and prevent it from happening again. What have you learned from setbacks you have had in life?

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GROWTH MINDSET WEEKLY ACTIVITIES

Week 8



What are the techniques you use to be open and ready to learn? Explain.



What are you willing to do today to make it a bright and fresh new start?



What kind of choices are you going to make today?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 8



What are some of those amazing qualities that make you lovable?



What are the things you are doing to be the best version of yourself?

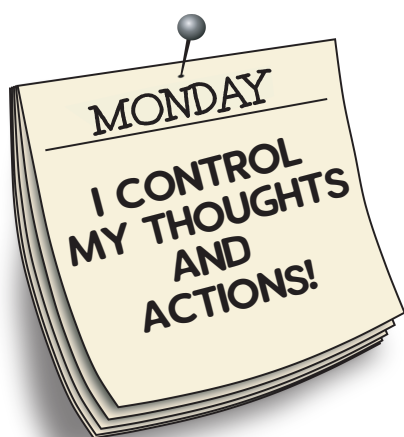


The growth mindset doesn't care about being superior. In fact, the success of others can be inspiring and a source for learning, whereas a fixed mindset sees the success of others as a threat. Who inspires you to be better? Why?

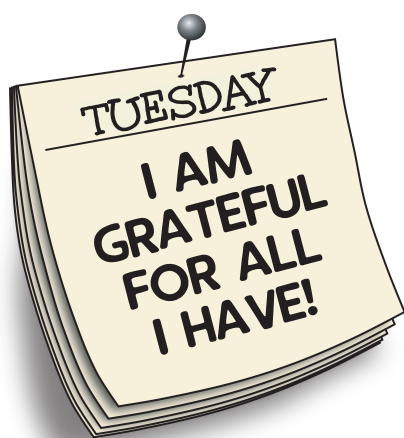
Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 9



What techniques do you use to control your negative thoughts or actions?



What are some of the many things you are grateful for today?



What makes you a person of trust and how have you worked to achieve this?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

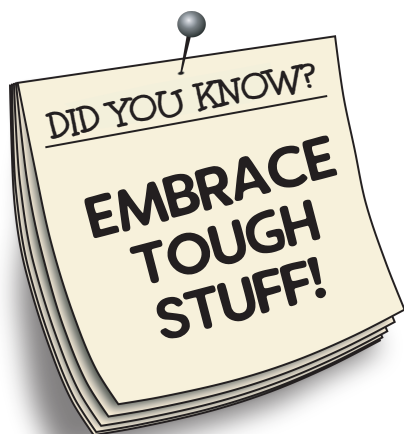
Week 9



What are all those amazing virtues that make you worthy? You have plenty!



What strategies do you use to self-regulate yourself?

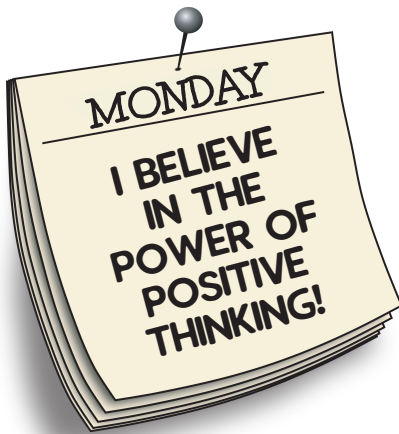


When you embrace the tough stuff, you open yourself up to fully realize your potential and all that you can be. Instead of depending on luck or “natural” talent, you focus on developing your skills and abilities, and learning from your efforts. How do you embrace tough stuff?

Name: _____ Date: _____

GROWTH MINDSET WEEKLY ACTIVITIES

Week 10



What are some positive thoughts and words you tell yourself daily?



What are some challenges you might face today and how will you face them?



What would you like to improve in yourself?

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GROWTH MINDSET WEEKLY ACTIVITIES

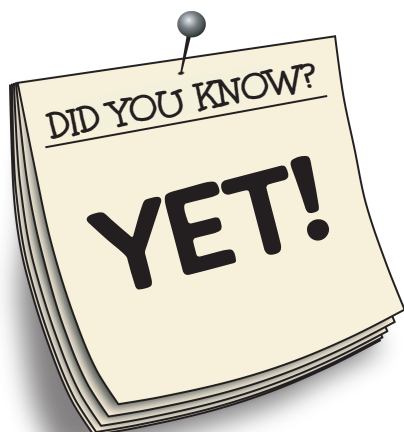
Week 10



What special powers inside of you will get you to succeed in life? Explain.



What strategies do you use to overcome challenges that you meet?



Yet implies it will happen; it's just a matter of time. *Yet* empowers you to feel in control over doing something difficult or mastering a new skill. It builds confidence in you that even if something is hard now, you have what it takes to figure it out. What things have you yet to learn?

THANK YOU!

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I wish you well!

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