

# FIXED VS. GROWTH MINDSET

Train your brain to have a growth mindset! Read the sentences someone with a fixed mindset would say. Re-frame them to be something someone with a growth mindset would say.

Be creative and have fun!

FIXED MINDSET	GROWTH MINDSET
There's no point in trying if I'm going to fail.	Every failure is a chance to learn and grow.
I'm either good at something or I'm not.	
I always struggle in that class.	
I can't learn now; it's too late.	
It's embarrassing when I make a mistake.	
I can't make this any better.	
I do not like when my friends get better grades than me.	
That's just who I am. I can't change it.	