

GROWTH MINDSET JOURNAL

I HAVE NEVER TRIED THAT BEFORE, SO I THINK I SHOULD DEFINITELY BE ABLE TO DO THAT - PIPPI LONGSTOCKING

GROWTH MINDSET SCORECARD

Give yourself a score of 1 to 5 on the following statements. A "1" is low, and a "5" is high. The goal isn't to be perfect; it's to become more self-aware every day about your growth mindset to help you reach long term success.

I SAW PROBLEMS AND CHALLENGES AS OPPORTUNITIES TO GROW TODAY

I DID SOMETHING OUTSIDE OF MY COMFORT ZONE TODAY

I INVESTED IN MY PERSONAL GROWTH TODAY

I FELT CONFIDENT TODAY

NOTES / ACTIONS RELATED TO THE SCORES:

GROWTH MINDSET MOMENT

Describe a growth mindset moment. Consciously recognizing your growth mindset is a great way to strengthen it, plus it boosts your self-confidence. Appreciate what you've done and actively step into a feeling of pride. It can help to give your growth mindset a name.



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FIXED MINDSET MOMENT

Describe a fixed mindset moment. Be honest with yourself. There's nothing wrong with thinking patterns that tend toward the fixed mindset. It's normal that we feel insecure, that we have doubts, that we don't dare to take certain steps, that we think we might not succeed, etc. Write it down, breathe, and realize this is ok. Also for the fixed mindset, it helps to give it a name, helping you to create some distance to it emotionally.

NOW PUT YOURSELF IN THE SHOES OF A GROWTH MINDED PERSON

Putting yourself mentally in the growth mindset without actually doing anything physically will help you to access it more easily next time.

- How would I deal with the situation if I believe that it will work out fine or if I believe that I can do it?

- What would I do if I would not be afraid to fail?

- How would I behave (differently) if I look at the problem as a chance to grow?

