



GROWTH MINDSET REFLECTION EXAMPLES

Example 1- Mindset quizzes

	A	B
1. If things are hard to do, that means I am dumb.	True	False
2. Doing challenging things frustrates me, so I quit.	True	False
3. I don't learn from mistakes; I just get embarrassed.	True	False
4. If I try hard, my brain will get smarter.	False	True
5. I can't do anything to change how smart I am or am not.	True	False
6. Anyone can be an athlete or musician with hard work and practice.	False	True
7. When things get hard, I try harder.	False	True

Total A: _____ Total B: _____

I have a Fixed/Growth mindset.

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1. When things get hard, I try harder.	False	True
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Total A: _____ Total B: _____

I have a Fixed/Growth mindset.



Example 2- Mindset surveys

Growth Mindset Self Reflection

	Always	Sometimes	Not Yet
I learn from my mistakes.			
I try hard things.			
I set goals for myself.			
I keep trying until I get it.			
I know my brain can grow.			
I think feedback helps me.			

Name: _____ Date: _____

STUDENT SURVEY

	ALWAYS	SOMETIMES	NEVER
1. I feel smart.			
2. I try my best.			
3. I ask for help.			
4. I always learn.			
5. Mistakes help me learn.			

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Mindset Self-Assessment

	TRUE	FALSE
When I do something incorrectly, I try again.		
I like to try things that are hard.		
People who are smart don't have to work hard.		
If I make a mistake, I get upset and embarrassed.		
Anyone can learn something if they work hard at it.		
If I have to work hard at something, it means I'm not smart.		
When I have trouble understanding something I give up.		
People who are smart were born that way.		
I don't mind making mistakes. They help me learn.		
There are some things I will never be good at.		



Example 3- Growth goals

THE POWER OF YET

I can _____

I can _____

I can _____

I can't _____

YET

I can reach my goals!

I will _____
_____.

Two things I will do to reach my goal.

1. _____

2. _____
