

## Unit 3.2 Growth vs Fixed Mindset

### Mindset Continuum Reflection

Remember the 4 ways you can change a fixed mindset to a growth mindset.

1. Change your negative self-talk to positive.
2. Change the way you respond to feedback and think of it as a learning opportunity.
3. When you have difficulty doing something, try another way of doing it.
4. Welcome challenges as they help you to become the person you want to be.

Now look at the areas that you have fixed or mixed mindset in and think about what you could do differently in those situations to change to a growth mindset.

1. Area with fixed or mixed mindset:  
What I currently do:  
What I could do to change to a growth mindset:
2. Area with fixed or mixed mindset:  
What I currently do:  
What I could do to change to a growth mindset:
3. Area with fixed or mixed mindset:  
What I currently do:  
What I could do to change to a growth mindset:
4. Area with fixed or mixed mindset:  
What I currently do:  
What I could do to change to a growth mindset:
5. Area with fixed or mixed mindset:  
What I currently do:  
What I could do to change to a growth mindset:
6. Area with fixed or mixed mindset:  
What I currently do:  
What I could do to change to a growth mindset:
7. Area with fixed or mixed mindset:  
What I currently do:  
What I could do to change to a growth mindset:
8. Area with fixed or mixed mindset:  
What I currently do:  
What I could do to change to a growth mindset:

