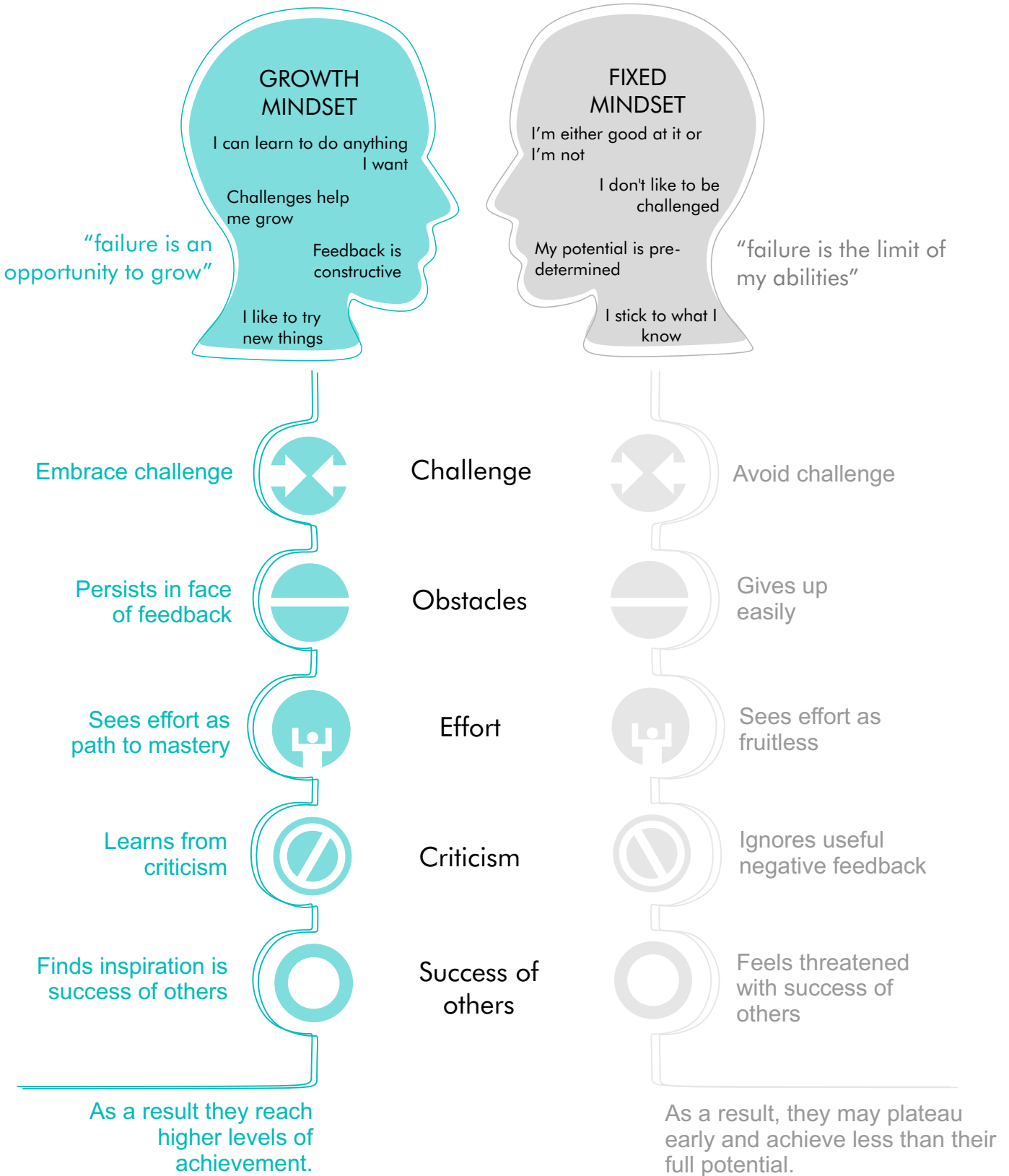




A Growth Mindset Worksheet

Adopting the Growth Mindset can have a powerful impact on our lives. Carol Dweck, the pioneer of growth mindset said, "individuals can be placed on a continuum according to their implicit views of where ability comes from." The theory emphasizes on the process of learning and taking on challenges in order to grow.



Questions to answer when facing a setback:

Describe a time you **faced a difficulty** or setback.

Did I spend more time questioning the **feedback** or believe in **taking action**?
Write **the thoughts and emotions** that came up for you.

_____ _____ _____ _____

In what ways did I set and **maintain a climate** to learn from my mistakes & failures?

In what ways did I recognise and appreciate my **effort, resourcefulness and resilience**?

When feelings of self-doubt sets in, what can I do in the **now to persevere**?

What helped me **bounce back** when things got difficult?

What are my views on **continuous learning**?

Mindset, habits and routine are the building blocks for success towards the wellness journey. Mindset is ultimately the biggest determining factor whether we grow and improve in our abilities to succeed. Carol Dweck's research shows that mindset does have an influence on our ability to learn. The power lies within you.

Here are some ways to develop a growth mindset.

Recognise your internal dialogue. Using positive affirmations and encouraging statements such as "I can do this", "I will try my best" changes the way we approach situations.

Use the words "Not Yet". This helps us realise that we are on a path of learning and that there is room for improvement. For e.g. "I have not yet mastered the skill of cooking."

Value the Process. Instead of moving towards the outcome or the end results, notice the little accomplishments that you make on the way and acknowledge your efforts for the same.

Befriend Challenges & Continue Learning. The more knowledge and skills we acquire, the more is the opportunity to learn and grow.

View Failure Differently. Failure is the stepping stone to success. A journey to change and learning is filled with failures. Setbacks provide an opportunity to learn and evolve.

Be Open to Criticism. Feedback provides and offers a room for improvement. Based on the feedback we can change our approach and modify the goals accordingly.

