

Activity

BUILDING A GROWTH MINDSET

Use this activity to help you think about incorporating your own growth mindset into activities where you have a hard time seeing personal improvement. Consider how your attitudes about your own strengths and challenges are influencing messages you share with youth.

Draw a box with 4 squares

In 3 of the boxes, write or draw a skill, or something you are good at.

Reading	Singing
Running	

Activity

In the 4th box, write or draw something that you don't think you are good at, and would like to improve on.

Reading	Singing
Running	Painting

I'm good at:

How I developed this skill, ability, etc.

- 1.
- 2.
- 3.

I'd like to improve at:

How I can develop this skill, ability, etc.

- 1.
- 2.
- 3.
- 4.
- 5.

After doing this exercise, how do you believe you can improve?

In this activity what steps did you take to nurture your own growth mindset?