

# LEARNING

## DEVELOPMENT & SUCCESS

### MINDSET CONTINUUM WORKSHEET

It can be helpful to think about mindsets for learning on a continuum. On the left side are statements more indicative of a “Fixed” mindset, and on the right side are statements more in line with a “Growth” mindset.

**Instructions:**

1. For each dimension, use an “X” to indicate where you would currently place yourself along the continuum.
2. Use a “O” to indicate where you would like to be along each continuum.
3. Notice which dimensions have the largest discrepancies between your “current” and “ideal” mindset. Use the space at the bottom of the worksheet to develop ideas for moving closer to the growth side (right side) of the continuum.

I tend to avoid challenges.....I embrace challenges

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When I face obstacles I give up easily..... I persist even in the face of setbacks

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I see effort as a waste..... I see effort as a way to master something

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I ignore potentially useful negative feedback..... I request and try to learn from feedback

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I feel threatened by the success of others..... I seek out lessons and inspiration from the success of others

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I hide or ignore my mistakes..... I recognize mistakes as learning opportunities

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I turn down help and support..... I seek out help and support

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I see myself as unchanging and unchangeable..... I see myself as capable of significant growth

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### Ideas for moving toward a growth mindset:

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Based on mindset work by Carol Dweck and James Anderson.