

## 7.4: Growth Mindset Reflection Activity

### Reflect on Your Level of Growth Mindset

Reflecting on areas of your own life can be extremely powerful in helping you transform a fixed mindset into a growth mindset.

Within this activity, you will be asked to reflect on areas of your life where you tend to think from a fixed mindset and explore how you can transform your thinking by applying what you have learned about cultivating a growth mindset.

#### Mindset Reflection

Very few people always have a strict fixed or growth mindset. Often, we tend to lean one way or another in certain situations. For example, a person trying to improve their ability in a sport they enjoy may exhibit all of the growth mindset traits and characteristics, but they find themselves blocked in a fixed mindset when they try to learn something in another area like computer programming or geometry.

Recognizing our tendencies and working to improve our approach is key to cultivating a growth mindset.

Within this two-step assignment, you will be asked to reflect on some areas where you tend to find yourself hindered by a fixed mindset and select one of those areas to explore further.

**Step 1:** Reflect on the questions below and provide your answer in the space provided:

Question:	Type your response below:
1. In what areas of your life have you noticed that you tend to respond with a fixed mindset, rather than a growth mindset? List at least three areas that you have identified.	
2. Select one of the areas that you identified above. Which area will you explore further?	

**Step 2:** Using the table below, identify how you can change your behavior. In other words, what could you do to move from a fixed mindset to a growth mindset?

Growth Characteristic:	What can you do to adopt a growth mindset? Type your response below:
Embrace challenges	
Persist despite challenges	
See effort as a path to success	
Learn from criticism	
Find learning and inspiration in the success of others	

*For example, perhaps you were trying to learn to play a musical instrument. In the “Embrace challenges” row, you might pursue a growth path by trying to play increasingly more difficult songs rather than sticking to the easy ones you have already mastered. In the “Learn from criticism” row, you might take someone’s comment about a weakness in timing as a motivation for you to practice with a metronome.*

**Source:** "Stay Positive"

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