

Fixed vs Growth Mindset Worksheet



***Shift Your Thinking, Expand Your Potential &
Grow With Intention.***

Introduction

Your mindset shapes how you approach challenges, respond to setbacks, and grow over time. A **fixed mindset** can keep you stuck in fear, self-doubt, and limitation, while a **growth mindset** helps you learn, adapt, and build confidence through effort and persistence.

This workbook is designed to help you:

- Understand the difference between fixed and growth mindset
- Identify your current mindset patterns
- Recognise how mindset affects your behaviour and results
- Practise shifting toward a growth-oriented way of thinking
- Take small, meaningful actions to support personal growth

Move through this workbook with honesty and curiosity. Mindset change begins with awareness.

SECTION 1: Understanding Fixed vs. Growth Mindset

Fixed Mindset

Believe that abilities, intelligence, and talents are fixed and cannot be changed. Often leads to avoiding challenges, fear of failure, and self-doubt.

Growth Mindset

Believe that abilities and intelligence can be developed through effort, learning, feedback, and persistence. Encourages curiosity, resilience, and continuous improvement.

Reflection

Which mindset do you feel most familiar with?

SECTION 2: Identifying Your Current Mindset

Do you believe your abilities are fixed, or can they improve with effort? Think about work, relationships, confidence, or learning new skills.

Which mindset do you lean toward most often?

- Mostly Fixed
- Mostly Growth
- A mix of both

Example of a Fixed Mindset Moment

Describe a recent situation where you felt discouraged, avoided a challenge, or doubted yourself.



Example of a Growth Mindset Moment

Describe a recent situation where you learned, adapted, or pushed yourself despite difficulty.

SECTION 3: Fixed vs. Growth Mindset Reflection

Read the statements below and notice what resonates.

| Fixed Mindset Thought | Growth Mindset Reframe |
|---------------------------------|------------------------------|
| "I'm not good at this." | "I'm not good at this yet." |
| "I failed, so I'm not capable." | "Failure helps me learn." |
| "Others are better than me." | "I can learn from others." |
| "I avoid challenges." | "Challenges help me grow." |
| "I can't change this." | "I can improve with effort." |
| "Success is about talent." | "Success comes from effort." |

Which statements reflect your current thinking most often?

Where can you intentionally shift your thinking?

SECTION 4: Growth Mindset Action Plan

Which areas of your life do you want to apply a growth mindset to?

- Work / Career
 - Relationships
 - Confidence
 - Health
 - Personal growth
 - Learning / Skills
-
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What mindset shift will support growth in these areas?

(Example: focus on effort, embrace learning, ask for feedback.)



One small action you can take today to practice a growth mindset:

How will you remind yourself to use a growth mindset daily?

- Affirmations
- Journaling
- Visual reminders
- Reflection

SECTION 5: Challenges & Obstacles

What challenges might arise when shifting to a growth mindset?

(Fear of failure, self-doubt, old habits.)

How will you overcome these challenges?

(Positive self-talk, support, reframing thoughts.)

SECTION 6: Celebrating Growth

How will you celebrate progress, not perfection?

What will a growth mindset allow you to experience in your life?

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SECTION 7: Growth Mindset Affirmations

Write 3 affirmations that support growth:

1. _____
2. _____
3. _____

SECTION 8: Reflection

How do you feel about adopting a growth mindset?

What excites you most about this shift?

The first mindset shift I commit to making now:

BONUS: Mindset Shift Action Checklist

| Action Step | Completed ✓ |
|--|--------------------------|
| Identify areas to apply a growth mindset | <input type="checkbox"/> |
| Choose mindset shifts | <input type="checkbox"/> |
| Take one growth-focused action | <input type="checkbox"/> |
| Write affirmations | <input type="checkbox"/> |
| Celebrate progress | <input type="checkbox"/> |

Conclusion

A growth mindset is not about being perfect, it's about being willing to learn, try, and grow. Each challenge becomes an opportunity, and each setback becomes a lesson.

When you shift your mindset, you expand what's possible.

Hope this exercise has proven useful!

We wish you a happy and fulfilled life!

Warm regards from team at head2heart!!

Thank you!!