

My Growth Mindset Journal

Let's reflect on where you are now and what you want to grow into.

Part 1: Self Check-In – Where Am I Now?

1. What areas do I already have a Growth Mindset in?

2. What areas do I still have a Fixed Mindset in?

Part 2: What's Holding Me Back?

3. What are 2 limiting beliefs I currently have about my career or abilities?

Part 3: Reframing with a Growth Mindset

4. Now rewrite your 2 limiting beliefs into growth statements.

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Part 4: Small Wins I'm Proud Of

5. What are 2 things I've already done that show I'm growing?

Part 5: My Action Plan

6. One thing I can start doing this week to build my career mindset is...
