

Mindset Worksheet

Use the example thoughts to fill in the boxes:

Example 1

I can't do this.

Is this **true**? Have you ever done anything difficult in your life?

What will happen if you **Continue** thinking this way?

How will this thought **benefit** you?

Example 2

I'm not smart enough

Is this **true**? Can you read this sentence?

What will happen if you **Continue** thinking this way?

How will this thought **benefit** you?

My Thoughts

Come up with some of your own negative thoughts that you have identified.

My thoughts	Is the thought positive or negative?	What will happen if you keep thinking this way?	How will this thought help you?
	Positive or Negative ▾		
	Positive or Negative ▾		
	Positive or Negative ▾		
	Positive or Negative ▾		