



Mindset Journal

Practicing a Growth Mindset

Consider using this simple journal to capture Fixed Mindset thoughts you have throughout the week. As you have thoughts that get in the way of your action and decisions, write out these unhelpful thoughts on the left column. Next ask a related Growth Mindset question to help you consider an alternative perspective.

Work with your coach to come up with some initial examples of Fixed Mindset thoughts and Growth Mindset questions. Throughout the week, capture and question these thoughts regularly. Be ready to check in with your coach on what patterns you noticed and what you learned from the process.



Fixed Mindset Thought

"I have never done this before." - "I'm not good enough." - Perfectionism
"I can't do this." - "How am I supposed to know what to do?"

Growth Mindset Question

"How can I grow through this experience?" - "What will it take to get better?"
"What do I need to learn?" - "Who can support me?"

