



Fixed or Growth Mindset?

Do you lean towards a **fixed** mindset or a **growth** mindset?

Find out now by reading through each of the statements below. Write down the letter of each statement that you could find yourself saying or agreeing with.

- A It's easy for him, his dad was a guitarist.
- B He might be the coach but he isn't as good as me. What can I learn from him?
- C The fact that I am shy is the very reason I am joining the club.
- D It doesn't have to be this way.
- E I can tell by the way someone walks on to a pitch whether they are any good or not.
- F Did you say your name was Cedrick? I bet you are good at Physics.
- G She's brilliant at the piano she must practice everyday to be that good.
- H Just you watch! 2 weeks and you will see an improvement.
- I I could do it if I wanted but I can't be bothered.
- J Mrs Alahi hates me. She always gives me a low mark.
- K It's called a challenge.
- L How do you know if you have never tried?
- M I don't think he should be dropped after 2 poor games.
- N This might be important but it is mind numbingly dull and I have had enough.
- O As they say... You live-n-learn
- P You are born with the hand that God dealt you with and that's that!
- Q I'd stick with it if it wasn't so boring.
- R It's hard going but it will be worth it in the end.



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SCORING

If you picked any of these letters, give yourself one point for each and total up your score.

C D G H K L M O R

- 0-2 Your Mindset is so fixed you are stuck to the chair you are sitting on.
- 3-6 You are heading in the right direction for a growth mindset but you are struggling at times to remain positive and need to remind yourself of your capabilities.
- 7-9 You are definitely leaning more towards a Growth mindset and have the self belief that you are able to learn new skills and achieve what you desire.

WARNING!!!

Having a Growth mindset or a positive attitude is only half the battle.

The big question is... **'Are you willing to take action and make it happen?'**

If the answer is NO then your mindset is nothing more than a collection of positive thoughts that simply evaporate and become meaningless.

If the answer is YES then **Go on, Go for it !!!!**