

MIND OVER MATTER

SHIFTING YOUR PERSPECTIVE

In column A (Fixed Mindset) place labels, stereotypes, beliefs you identify with

In column B (Growth Mindset) place the words describing the shift in mindset, seeing the benefit in the challenge

Don't let negative self-talk or others define who you are. Instead, work every day to become the person you want to be.

Fixed Mindset

Growth Mindset



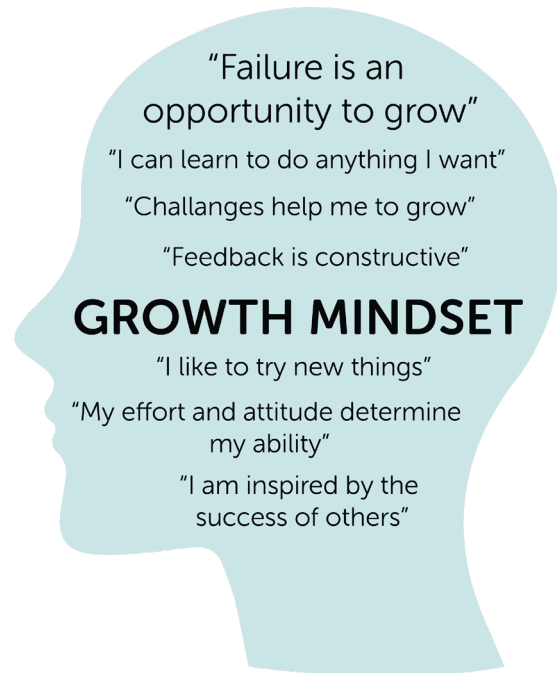
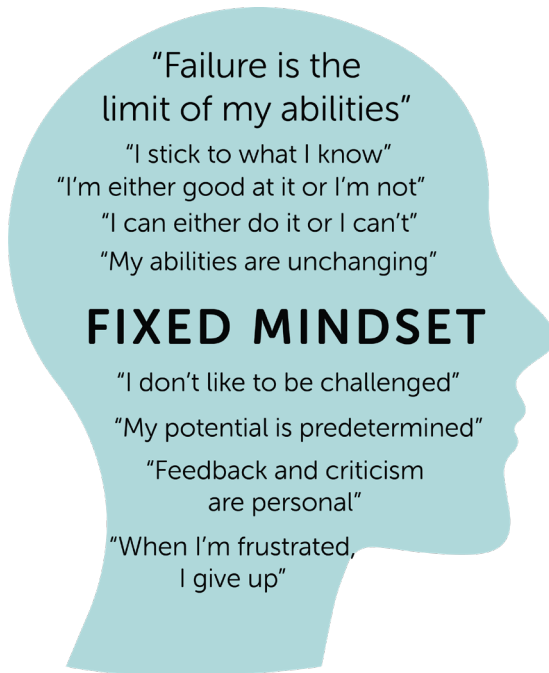
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Fixed Mindset (Examples)	Growth Mindset (Examples)
I am just a foster kid	I am gaining valuable skills such as resilience, change management, and social awareness from this experience.
I don't have the money to succeed	By investing in myself by learning, showing effort, and taking initiative, it is more likely others will invest in me, too.
I'm not smart enough	I work every day to learn new things and become smarter than I was yesterday; I am getting smarter every day.
I am alone	I am capable of building relationships and seeking out positive role models
I am going to be like my parents	I am an individual and capable of making my own decisions to determine my destiny; success is not determined by who my parents are.
I don't want anyone to provide me with feedback	I welcome feedback so I can learn from it and be the best version of me
I'm dumb, I'm not smart like other kids	I am smart and capable of putting in the effort to learn



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