

The cover features a large green arrow pointing upwards and to the right, set against a background of purple and grey geometric shapes. The title 'BUILDING A GROWTH MINDSET' is written in large, bold, blue capital letters. At the bottom, an orange banner with a grey border contains the text 'ACTIVITY BOOK' in white capital letters. A faint watermark of the title is visible across the center.

# **BUILDING A GROWTH MINDSET**

**ACTIVITY BOOK**



# THE POWER OF YET!

Once you learn to add the word “yet” to your thoughts, all kinds of things become possible. When you feel frustrated because something isn’t going well, or you can’t get something quite right, adding the word “yet” reminds you to be patient, stay hopeful, and keep at it.

**You Try it! Complete the following three sentences.**

I’m not very good at \_\_\_\_\_.

I don’t have the skills to \_\_\_\_\_.

I’m not able to \_\_\_\_\_.

Now, go back and add the word **yet** to the end of each sentence.

**SEE HOW ADDING THE WORD “YET”  
MAKES ALL THE DIFFERENCE!**

**I DON’T UNDERSTAND IT.**

**I DON’T UNDERSTAND IT...YET!**

**HARNESS THE POWER OF YET!**

# CHANGING YOUR MINDSET

HAVING A GROWTH MINDSET HELPS YOU DEAL WITH PROBLEMS AND CHALLENGES.

For each of the following situations, write down a negative **FIXED MINDSET** way to look at it. Then write down a positive **GROWTH MINDSET** way to look at it. The first one is done for you.

1. YOU DIDN'T GET THE GRADE YOU WANTED ON YOUR MATH TEST.

**FIXED MINDSET**

I'm just not good at math.

**GROWTH MINDSET**

I'll ask for help and do better on the next test.

2. YOU GOT NEW SOFTWARE FOR YOUR COMPUTER, BUT YOU CAN'T FIGURE IT OUT.

**FIXED MINDSET**

**GROWTH MINDSET**

**3. YOU WANT TO TRY OUT FOR A PART IN THE SCHOOL PLAY, BUT YOU'VE NEVER DONE ANYTHING LIKE THAT BEFORE.**

**FIXED MINDSET**

**GROWTH MINDSET**

**4. YOU FINALLY SAVED ENOUGH MONEY TO BUY A GUITAR. YOU'VE PRACTICED, BUT YOU THINK YOU STILL SOUND TERRIBLE.**

**FIXED MINDSET**

**GROWTH MINDSET**

## **YOUR TURN**

On the line below, write down a tough situation you or someone you know is dealing with now. Then write down a **FIXED MINDSET** way to look at it, and a **GROWTH MINDSET** way to look at it.

**5.** \_\_\_\_\_

**FIXED MINDSET**

**GROWTH MINDSET**

# WITH A GROWTH MINDSET...

**1. With a growth mindset, you value the process.**

Think of something you worked hard on, and are proud of.

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**2. With a growth mindset, you make criticism work for you.**

Think of a time someone criticized you, and you used it to improve yourself or your skills.

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**3. With a growth mindset, you see challenges as opportunities.**

Write about a time you took on a challenge.

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**4. With a growth mindset, when you don't succeed, you use what you've learned to try again, doing it a different way.**

Write about a time you did this and were successful.

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# YOUR GROWTH GOAL

Think about a goal you'd like to achieve and complete the following.

**YOUR GOAL**

**THREE THINGS YOU NEED TO TAKE TO REACH YOUR GOAL**

- 1.
- 2.
- 3.

**WHAT ARE SOME OBSTACLES YOU MIGHT ENCOUNTER?**

**HOW WILL YOU OVERCOME THESE OBSTACLES?**

**WITH A GROWTH MINDSET, YOU CAN BECOME THE BEST, MOST CAPABLE VERSION OF YOU!**



Know  
the  
Power  
of Yet!