



## In a Fix ... or Growing Strong?

### In a Fix

What are some things that you have a fixed mindset about? Consider sports, projects, or instruments you've tried and found difficult. Think about skills you don't think you have or will ever have. Are there any things you find challenging but would like to try? Write down as many ideas as you can think of.

Now look at your list. Pick one or two that you would like to learn to do well. In what ways have you tried to work on them? What happened that made you feel like you weren't able to improve?

### Growing Strong

What are some things that you have a growth mindset about? List a few skills or hobbies that you feel confident about your ability to get better at.



### ***In a Fix ... or Growing Strong? continued***

Choose one item from your list. Why do you think you have a growth mindset about it?

How do you continue to challenge yourself to improve in that skill or hobby? What more can you do to keep getting better?

How can you apply the positive lessons from your “Growing Strong” activity (growth mindset) to the item or items on your “In a Fix” (fixed mindset) list?