

Mindset Activities

Copy the list of mindset activities below as a text document to save on your notes app on your mobile to use when you are about to start a task or don't know how to move forward.

Remember the three steps:

- Recognize: What is my mindset? Fixed or growth?
- If it's fixed: Tell yourself you have a choice about what to think, on what mindset to have.
- Then make a conscious effort to respond to fixed mindset thoughts with growth mindset thoughts. e.g. 'Difficulties are inevitable and a catalyst for you to find out more.'

Once you have completed these three steps you can start the task with these growth mindset thoughts fresh in your mind.

Examples of Growth Mindset Thoughts:

- Believe that intelligence and ability can grow.
- Think that difficulties can be interesting.
- When things go wrong, don't blame yourself or others.
- Difficulties are inevitable, and a catalyst for you to find out more.
- What you will achieve will be primarily down to your effort.