

# My Fixed and Growth Mindsets



Write or draw about a time you tried really hard at something and got better:

Write or draw about a time something felt hard so you gave up:

## Definitions to Know

**Growth Mindset:** The belief your skills, qualities, and abilities can improve with effort, hard work, and perseverance.

**Fixed Mindset:** The belief your skills, qualities, and abilities are fixed traits and cannot improve.