Teen Growth Mindset Steps

Notice. Yet + next step. Strategy. Stretch. Review. Ask.

Name: _____ **Date:** _____

1. Safety sort

Crisis first. Prefer a safety plan.

2. Name the thought

Write the fixed line without shame.

3. Skill not self

Hard skill, not a total self verdict.

4. Yet + next step

Cannot yet, so I will ___.

5. Pick a strategy

Not only more effort. New method.

6. Small stretch

One honest ladder rung this week.

7. Mistake as data

What failed + next strategy.

8. Comparison check

Highlight reel is not the baseline.

9. Log and ask

Record tries. Ask for help.

Strategy + effort, not slogans only

False growth mindset: empty effort praise, or labeling kids as fixed.

Fixed thought Label. Stops the next try.	I am bad at this class.
Yet + step Opens a concrete next move.	I cannot do this yet, so I will...
Strategy swap Effort alone is not enough.	Switch method. Ask. Break task.

Not a cure for ADHD, a learning disability, depression or anxiety.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis or treatment. Prefer a safety plan in crisis.

My Growth Mindset Plan

Fixed thought -> strategy swap. Next try. Support ask.

Name: _____ **Date:** _____

Fixed thought I notice (exact words)

_____

_____

Skill domain (not my whole self): _____

Yet + next step

I cannot _____ yet, so I will:

_____

First tiny step (10 minutes or less):

_____

Strategy swap (not only more effort)

Old method that is stuck: _____

New strategy I will try (circle one or write):

break task / switch practice / ask peer / ask adult / worked example / short reset

_____

My written choice:

Support ask + values link

Person I can ask for help or feedback: _____

Value this practice serves (curiosity, mastery, fairness, other):

_____

If comparison hits, I will: _____

Mistake autopsy starter (after a hard try)

What went wrong (specific): _____

What I tried: _____

Next strategy: _____

Crisis: 988 · HOME to 741741 · 911. Prefer a safety plan if unsafe.

Original layout by Lotus & Tulip, based on mindset research neighbors. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/growth-mindset-activities-for-teens.html

Teen Growth Mindset Practice Log

Seven days. Strategy + stretch. Partial wins count.

Name: _____ **Date:** _____

Day	Hard task / skill	Strategy used	Asked help?	0-5 stretch	Note
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Teen mini card (cut out and keep)

Notice · Yet + step · Strategy · Stretch · Mistake as data · Ask

Effort without a new strategy is not enough. Highlight reels are not baselines.

Not a cure for ADHD, LD, depression or anxiety. Not toxic positivity.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

L&T

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