Change Your Words

Catch a fixed mindset thought, flip it to a growth thought, then add a real next step.

Name: _____ Date: _____

Fixed mindset thought	Growth mindset thought	My next strategy
I'm just bad at math.	I'm not good at fractions yet.	Redo two examples with the steps showing.
This is too hard.	This is hard, so my brain is working.	Break it into smaller parts and start with one.
I made a mistake. I give up.	Mistakes show me what to fix.	Find where it went wrong, then try again.
She's so smart. I'll never be like her.	What can I learn from how she does it?	Ask her which strategy she used.
I already tried. It doesn't work.	Effort alone isn't enough. I need a new way.	Try a different method or ask for a hint.
It's good enough.	Is this really my best work?	Check it against the rubric before I hand it in.

Example rows are filled in. Write your own in the blank rows. A growth thought is honest, not fake positive.

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My Not Yet Plan

Pick one thing you can't do yet. Plan the steps, the strategies and the help you will use.

Name: _____ Date: _____

I can't _____ **yet.**

How I will know I've got it: _____

My steps (small enough to start today)

1. _____ Done ☐ Date
2. _____ Done ☐ Date
3. _____ Done ☐ Date
4. _____ Done ☐ Date

Strategies I will try (tick)

- ☐ Reread the example
- ☐ Break it into parts
- ☐ Try a different method
- ☐ Ask a classmate
- ☐ Ask the teacher
- ☐ Look at my mistakes
- ☐ Practice a little each day
- ☐ Teach it to someone

People who can help me

Name: _____
I'll ask about: _____
Name: _____
I'll ask about: _____
Name: _____
I'll ask about: _____

Mistake reflection: what did this mistake teach me?

The mistake I made:

_____

_____

Why I think it happened:

_____

_____

What I'll do differently next time:

_____

_____

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Weekly Challenge Log

Each day, write one hard thing you tried, the strategy you used and what you learned.

Week of: _____

Day	The challenge I took on	Strategy I used	What I learned	Stretch
Mon				○ Easy ○ Stretch ○ Big
Tue				○ Easy ○ Stretch ○ Big
Wed				○ Easy ○ Stretch ○ Big
Thu				○ Easy ○ Stretch ○ Big
Fri				○ Easy ○ Stretch ○ Big

End of week

The challenge I am proudest of, and why:

_____

_____

A strategy that worked that I will use again:

_____

_____

Feedback from an adult (what you tried, what worked, what to try next):

_____

_____

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