

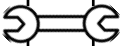
# FIX THE FIXED MINDSET

Use your positive psychology tools to talk back to the fixed mindset with a growth mindset.

## Fixed Mindset

## Growth Mindset

I am not good at this.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This is too hard. I'm so stupid.

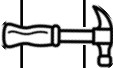


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I won't try because I might fail.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Failure means that I am not talented or not good enough.

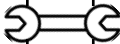


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I'm never going to be as good as \_\_\_\_\_.

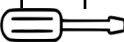


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Success means winning.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

