



BE UNSTOPPABLE

COACHING



Adopting a Growth Mindset

Tool and Worksheet



Adopting a Growth Mindset

Adopting a growth mindset is a positive step towards working on self-development and improving skills in all areas of your life. All people have the opportunity to develop themselves as individuals, by learning to raise their level of significance, their level of resilience, their level of proactivity, personal responsibility and accountability, learning effective communication, goal setting, strategy planning and the mental strength and control needed to execute plans and achieve their desired outcomes. This level of self-development will not happen with a fixed mindset ... it is essential that individuals adopt a growth mindset to take on challenges and learn to thrive.



(Image source unknown)

Do you have a GROWTH or FIXED mindset?

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How do you perceive failure?

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What is your normal reaction to challenges, hurdles or road blocks?

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What determines your level of ability or skill?

What is your attitude towards learning or change?

How do you respond to negative feedback? Do you feel angry, upset, frustrated, not good enough, etc.

When an opportunity presents itself, how likely are you to take it on? Why?

What investment do you make in your own self-development?

What do you need to do to develop a growth mindset (or strengthen it further)?



Adopting a Growth Mindset ... Action Goals

What action goals are you going set to develop or strengthen a growth mindset? Write these goals below and include action steps to take immediately. Remember that implementing and achieving these goals will help you with self-development by learning to raise your level of significance, resilience, proactivity, personal responsibility and accountability, to improve your mental strength and achieve your goals.

GOALS

ACTION STEPS
