

Name \_\_\_\_\_



# **My growth mindset interactive journal**



1. I can learn anything because I was born to learn.
2. I can train my brain through practice.
3. I can choose my thoughts when things are challenging.
4. I know failure is an important part of my success.
5. I take ownership of my mistakes and learn from them.
6. I do not let setbacks keep me from accomplishing goals.
7. I believe that I can do difficult things.
8. I take charge of my own learning.
9. I encourage others to have a growth mindset.
10. I celebrate my own growth and progress.

**I HAVE A GROWTH MINDSET!**

# WHAT DOES IT MEAN TO BE SMART?

**Use a pencil to circle T if you believe the statement is mostly true, or F if you think it's mostly false.**

- 1) T F People are born either smart or dumb.
- 2) T F Some people aren't very good or kind, and they can't change that.
- 3) T F The more you work at something, the better you will be at it.
- 4) T F I don't like doing things that are hard for me.
- 5) T F I sometimes get mad or upset when people tell me about my mistakes.
- 6) T F You can choose to change the way you think.
- 7) T F No matter how hard I try, there are some skills I'll never be able to have.
- 8) T F You have to be born with talent for sports and music to be good at them.
- 9) T F I appreciate when parents and teachers give feedback about my performance.
- 10) T F You can improve your talent in reading or math with practice.
- 11) T F If spelling doesn't come easy to you, you probably won't ever be good at it.
- 12) T F I enjoy learning new things even when I don't understand them at first.
- 13) T F The important parts of who you are as a person don't change.
- 14) T F You can learn new things, but you can't change how intelligent you are.
- 15) T F People who are truly smart people don't need to try hard.

# I WAS BORN TO LEARN!

**5 years, ago, I didn't know how to....**

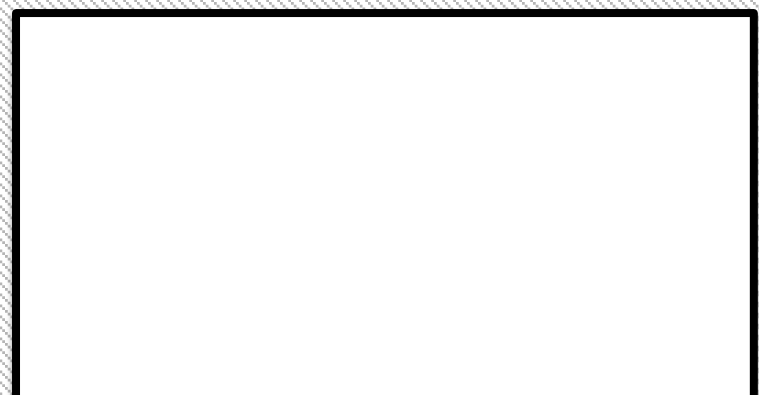
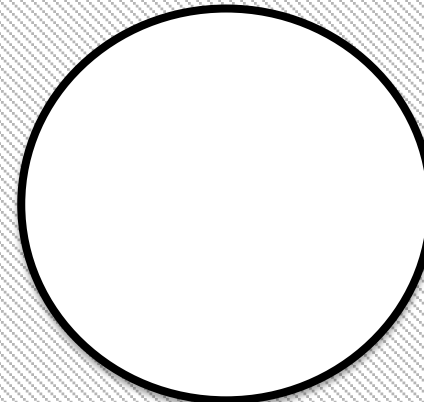
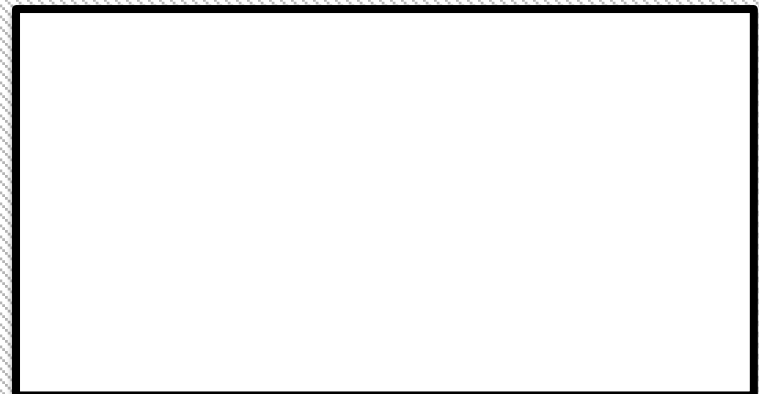
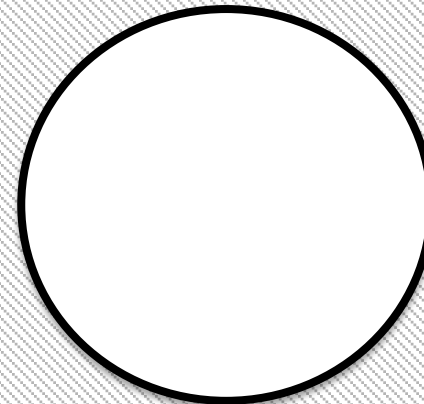
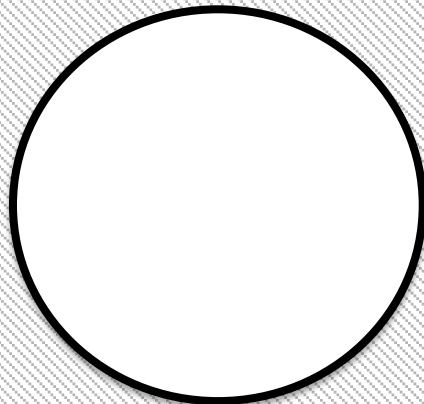

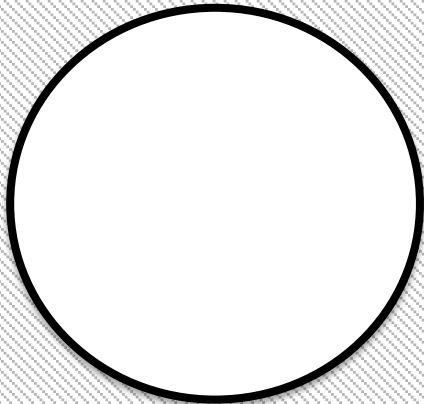
**Last year, I didn't know how to....**

**This year, I am learning how to....**

# I HAVE TRAINED MY BRAIN THROUGH PRACTICE

I'm good at...

I trained my brain to be good at it by...



# I CAN CHOOSE MY THOUGHTS WHEN THINGS ARE CHALLENGING

## Fixed Mindset

## Growth Mindset Replacement Thoughts

I can't do this.

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I'm so dumb.

---

I hate when I mess up.

---

I want to quit.

---

This is too hard.

---

I hate when I'm corrected.

---

I'll never get it.

---

I wish I was smart.

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This is good enough.

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## Other Examples

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# INTERVIEW SCRIPT AND NOTETAKING SHEET

Person's Name \_\_\_\_\_

I am interviewing you because I admire how you \_\_\_\_\_

\_\_\_\_\_

and I want to learn about how you achieved your success. Can you tell me about a time in your life when you did NOT succeed?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Did you ever feel like giving up? How did you keep going?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What did you learn from the mistakes you made?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How did your unsuccessful times help you experience the success you have today?

\_\_\_\_\_

\_\_\_\_\_

Thank you for sharing your experiences with me!

# INTERVIEW SUMMARY

I interviewed \_\_\_\_\_

because I admire how s/he \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This person did NOT experience success when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

But s/he kept going by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Through those mistakes, this person learned \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Those unsuccessful times helped \_\_\_\_\_ experience

success later on because \_\_\_\_\_

\_\_\_\_\_

# **I TAKE OWNERSHIP OF MY MISTAKES**

**When I make a mistake, I can tell myself:**

**When other people point out my mistakes, I can tell them:**



# I LEARN AND GROW FROM MY MISTAKES

A recent time when I did not get something right and someone else pointed out my mistake

What I told myself  
when I didn't get it right

What someone said to me about my mistake

How I responded to that person

Actions I chose to take next

How I achieved success in the end

What I learned from making my mistake



## WE HAVE OVERCOME SETBACKS

spent a lot of time

stayed focused

tried different strategies

found helpful resources

got feedback from others

determined to succeed

**Me**

**My Friend**

A goal I accomplished

How I accomplished it

Setbacks I experienced

1)

2)

How I overcame my setbacks

1)

2)

What makes me proud of this:

# **I HAVE DONE DIFFICULT THINGS!**

**I surprised myself with how hard I worked when...**

**I worked hard because...**

**When I got frustrated and wanted to give up, I kept going by....**

**Now that it's over, I think about what I accomplished, and I feel...**

# ADVICE ON SETBACKS

Ask 5 adults: "What do you wish every kid knew about experiencing setbacks and overcoming their problems?"

1

Name:

Advice:

2

Name:

Advice:

3

Name:

Advice:

4

Name:

Advice:

5

Name:

Advice:

# GROWTH MINDSET VOCABULARY

**fixed mindset**

**growth mindset**

**neuroplasticity**

**neurons**

**dendrites**

**grit**

**perseverance**

**resilience**

**setbacks**

# **I CHOOSE TO SHOW GRIT (PERSEVERANCE & RESILIENCE)**

**I surprised myself with how hard I worked when...**

**I worked hard because...**

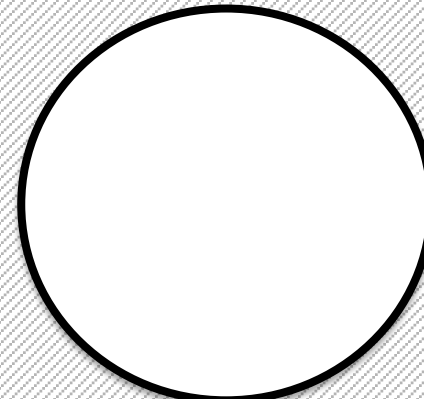
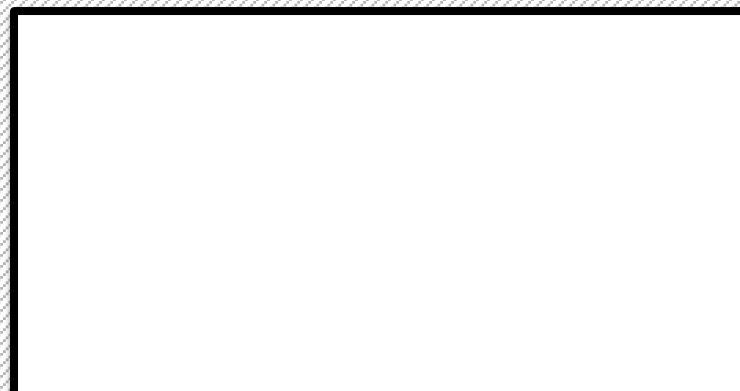
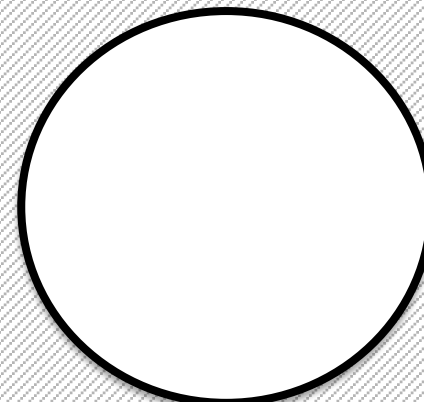
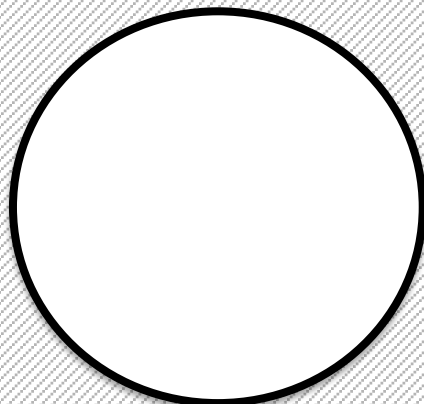
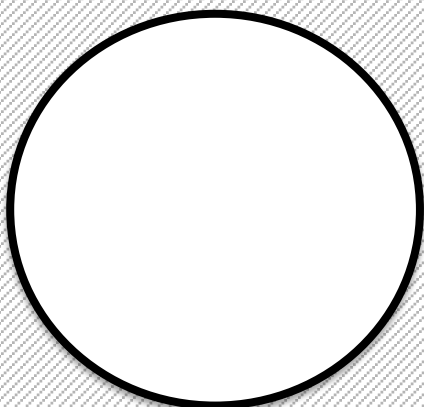
**When I got frustrated and wanted to give up, I kept going by....**

**Now that it's over, I think about what I accomplished, and I feel...**

# I TAKE CHARGE OF MY OWN LEARNING

I would like to become better at...

I can train my brain to be good at it by...



# HOW I TAKE CHARGE OF MY OWN LEARNING

**I wanted to get better at \_\_\_\_\_,  
so I've made time for learning and practice by...**

**Sometimes I get distracted, but I stay focused by...**

**I don't just try to learn this skill one way.  
I try different strategies to see what works best, like...**

**When I get stuck, I find resources to help me. For example...**

**I ask other people for feedback to help me improve and listen to their advice,  
even when it means admitting I made a mistake. For example...**

**I stay committed to keep going until I experience success.  
One example of how I showed grit (resilience and perseverance) is...**



# HOW WE CAN TEACH OTHERS ABOUT GROWTH MINDSET

**Possible formats for our presentation:**

**The format we chose is:**

**Our plan for creating our presentation:**

# GROWTH MINDSET PRESENTATION RUBRIC

## My Self-Assessment

**Presentation is full of helpful, accurate information about growth mindset.**

1 2 3 4 5 *Comments:*

**Presentation is well-organized and easy to understand.**

1 2 3 4 5 *Comments:*

**Presentation is creative and enjoyable to watch.**

1 2 3 4 5 *Comments:*

**Group members worked well together and each did their fair share of work.**

1 2 3 4 5 *Comments:*

**Overall comments:**

## Teacher's Assessment

**Presentation is full of helpful, accurate information about growth mindset.**

1 2 3 4 5 *Comments:*

**Presentation is well-organized and easy to understand.**

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**Group members worked well together and each did their fair share of work.**

1 2 3 4 5 *Comments:*

**Overall comments:**

## HOW I'VE CHANGED MY MINDSET

mindset  
fixed  
growth

neurons  
dendrites

setbacks  
mistakes  
failure

grit  
persevere  
resilient

challenges  
success

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# GROWTH MINDSET VOCABULARY

## **fixed mindset**

the belief that our basic qualities (like intelligence and talents) are fixed traits which cannot be changed

## **growth mindset**

the belief that abilities can be developed through commitment and hard work

## **neuroplasticity**

the ability of the brain to change; the way our experiences change the pathways neurons travel in the brain

## **neuron**

a brain cell;  
neurons carry messages between the brain and other parts of the body

## **dendrites**

fibers that grow out of neurons when you listen to, read, write, talk about, or practice something

## **grit**

perseverance + resilience;  
these two qualities together give you the ability to learn anything you choose

## **perseverance**

the ability to keep going and stay focused when things are hard

## **resilience**

the ability to try again and keep bouncing back after setbacks

## **setbacks**

an event that 'sets you back' or prevents you from moving forward toward your goal