

GROWTH MINDSET



EduGuides

GROWTH MINDSET

CHEATSHEET

WWW.PSYCHED.EDUCATION

the ultimate

GROWTH MINDSET

CHEAT SHEET



a worksheet from

EDUPSYCHED

*Success is not final; failure is not fatal:
It is the courage to continue that
counts.*

—W. CHURCHILL

WHAT IS A GROWTH MINDSET?

Growth mindset describes a set of beliefs and behaviors that allow people to increase their likelihood of success and achieving their goals by making them seek opportunities to learn, gain new skills, improve existing skills, become more resilient and enhance their character and willpower.

STEP #1 SHIFTING WHAT WE VALUE

EFFORT AND PERSISTENCE

OVER

INTELLIGENCE AND ABILITIES

PROCESS

OVER

OUTCOME

MISTAKES WE LEARN FROM

OVER

PERFECTIONISM

FAILING AT TRYING
NEW THINGS

OVER

WINNING WITHIN THE
COMFORT ZONE

DOING WHATS HARD/BORING
BUT NECESSARY

OVER

DOING WHAT'S SHINY, NEW
OR EXCITING

DEFERRED GRATIFICATION

OVER

INSTANT GRATIFICATION

STEP #2 BE AWARE OF YOUR LANGUAGE

<i>Instead of...</i>	<i>Say...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.

STEP #3

KEEP A GROWTH DIARY ANSWERING THESE 3 PROMPTS DAILY



WHAT WAS
SOMETHING
NEW I LEARNED
TODAY?



HOW DID I MAKE
PROGRESS
REGARDING MY
CURRENT GOALS
TODAY?



WHAT CAN I DO
TOMORROW TO
JUST BE 1%
BETTER?

THE POWER OF A GROWTH MINDSET

Your mindset is one of the most powerful tools in your journey—whether in business, education, or personal development. A growth mindset allows you to see challenges as opportunities, failures as learning experiences, and progress as a continuous journey rather than a fixed destination.

The most successful entrepreneurs, leaders, and innovators didn't start with all the answers. They embraced curiosity, adapted to change, and viewed setbacks as stepping stones toward improvement. By cultivating a growth mindset, you open yourself up to new possibilities, resilience, and the confidence to pursue your goals even when the path isn't always clear. As you move forward, remember that your potential is not fixed—it expands with effort, learning, and persistence. Keep pushing your boundaries, seeking knowledge, and believing in your ability to grow. The more you embrace this mindset, the greater your success will be. Your journey is just beginning!

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