

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

INSTANT GRATIFICATION

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 WINNING WITHIN THE OVER **NEW THINGS** COMFORT ZONE DOING WHATS HARD/BORING DOING WHAT'S SHINY, NEW OVER **BUT NECESSARY** OR EXCITING

OVER



DEFERRED GRATIFICATION

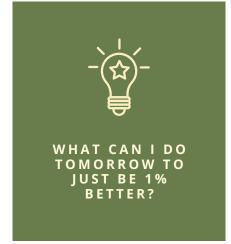
STEP #2 BE AWARE OF YOUR LANGUAGE

Instead of	Say
I can't / I don't know how to do this	l 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
l 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









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!



