

GROWTH MINDSET EXERCISE

Choose an area of your business plan that challenges you, but is critical to reaching your goals:

On the left, identify all fixed ideas that you have about this challenge, (i.e. "I'm not very good at _____.") On the right, list all the actions you can take to change your belief to a growth mindset.

FIXED MINDSET BELIEF

ACTIVITIES/ACTIONS

RESULTING GROWTH MINDSET BELIEF:
