

# Growth Mindset

## Action Plan



### Remember!

Download and save this action plan before filling it in (and saving again) to prevent losing your inspired answers!

1. What's the "I'm not..." or "I can't" statement you say most often? Write it below and add the word **YET** at the end. (Then try saying it out loud. It might feel weird but it will help to make it more real for you.)

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2. What are three things you can do in the next month to help you move closer to being able to change that statement you just wrote down to "I am..." or "I can..."?

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