



Six steps to turn 'I'm not good at this' into a plan you can actually try, ending with a weekly check-in to keep it going.

01 Spot your fixed-mindset triggers

Dweck suggests watching for four moments: facing a challenge, hitting a setback, getting criticism, and meeting someone who's better than you at something you care about. Think of recent times one of these happened.

Which of these tend to set off my fixed-mindset voice?

- ☐ Trying something new or hard (a new role, a skill, a course)
- ☐ A setback or mistake (a bad result, a rejection, a slip)
- ☐ Criticism or feedback, even when it's fair
- ☐ Someone who's better than me at something I care about
- ☐ Being watched or compared (at work, online, in a group)
- ☐ Something I 'should' already know at my age

The situation

What was happening

What I told myself

The exact words in my head

What I did next

Gave up, avoided, got defensive, kept going

02 Rewrite it as a learning statement

Take each thought from step 1 and answer it with something that's true and points to a next step. You're not pretending it's easy. You're swapping a verdict for a plan.

Fixed-mindset thought

e.g. 'I'm hopeless at presentations'

Learning statement

e.g. 'I haven't practised presenting much. I can rehearse and ask for one tip.'

How believable does my learning statement feel right now?

1 2 3 4 5 6 7 8 9 10

Not at all

Completely

If it doesn't feel believable, what would make it a little more honest?

03 A skill I'd like to grow

Dweck stresses that a growth mindset isn't just effort. It's also trying new strategies and asking others for input when you're stuck. Plan all three.

The skill or ability I'd like to grow:

Where I am with it now, said plainly (no judging):

Practice What I'll do, when and for how long 	Strategy A different way of trying I haven't used 	Input Who or what could help me (a person, a class, a book)
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How I'll know I'm making progress (something I can notice, not a feeling):

04 Setback review

Pick one recent setback. Look at it the way a coach would look at a match: what happened, what it teaches you, and what you'll do differently.

What happened

Just the facts

What I learned

About the task, my approach, or what I need

Next try

One thing I'll do differently

What would I say to a friend who'd had this same setback?

05 The power of 'yet'

Dweck popularised the idea of 'not yet': you haven't failed at something, you just haven't got there yet. Finish each line with the word 'yet', then add one small step.

I can't ... yet

e.g. 'I can't hold a conversation in Spanish yet'

One small step towards it

e.g. 'Ten minutes of the app after dinner'

06 Weekly reflection

Once a week, take five minutes to look back. Keep it to a few honest lines. The aim is to notice patterns, not to grade yourself.

Something I found hard this week, and how I responded:

A time my fixed-mindset voice showed up, and what I said back:

One thing I practised or tried differently:

What I'll try next week:

When you're done, a moment to reflect

- Which area of your life do you most often decide you're 'just not' good at? Where did that idea come from?
- Think of something you can do well now that you couldn't once. How did you actually get there?
- How do you usually react to criticism? What would being curious about it look like instead?
- Whose success makes you feel threatened rather than inspired? What could you learn from them?
- Where might you be telling yourself to 'just try harder' when what you need is a new strategy or some help?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.