

■ Harness the Power of Change

This worksheet is designed to help you notice how you think and your patterns of behaviour, and practise a more supportive way of relating to yourself.

There is **no rush, no right way, and no expectation** to complete everything at once.

Even reading these words is part of the work.

■ Part 1: Noticing Your Current Mindset

We all carry a mixture of mindsets, especially in areas of life that have felt difficult or disappointing in the past. Developing a growth mindset begins with awareness, not judgement.

Fixed-mindset thoughts might sound like:

- “Nothing ever works for me.”
- “I always end up back where I started.”
- “I’m just not good at sticking with things.”
- “I’ve tried before, so why would this be different?”

Let’s change these into a growth-mindset!

Reflection

Which thoughts do you notice having most often when things feel challenging?

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Part 2: Reframing with a Growth Mindset

A growth mindset doesn't deny difficulty, instead it allows for learning, flexibility, and self-trust.

It asks, "What can I learn from this?" rather than "What's wrong with me?"

Read the reframes on the next page and notice how they feel in your body.

Part 3: Growth Mindset

Affirmations

Affirmations are not about forcing belief or pretending everything is easy.

They work best when they feel kind, believable, and grounding, helping your brain form new, supportive patterns over time.

Read these affirmations slowly, and notice which ones resonate.

Growth Mindset Affirmations

- I am capable of change, even when progress feels slow.
- Every experience is teaching me something valuable.
- I do not need to be perfect to keep moving forward.
- I can learn from setbacks without judging myself.
- Effort matters, even when results aren't visible yet.
- I trust myself to keep going, one step at a time.

Pause and Notice

Which affirmations feel most comforting or encouraging today?

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Part 4: Create Your Own Growth Mindset Affirmations

Your own words are often the most powerful, because they reflect your experience, not anyone else's.

Using the sentence starters below, write one or two affirmations that feel supportive and realistic for you right now.

Part 5: Applying a Growth Mindset This Month

A growth mindset grows through practice, not pressure.

Choose **one small situation** this month where you will consciously practise growth-mindset thinking, perhaps during a wobble, a difficult emotion, or a moment of self-doubt.

Reflection

My intention this month:

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When I notice myself thinking:

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I will gently remind myself:

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