

Worksheet 3: Growth

Written by Dr Sarah Lewis



Name.....

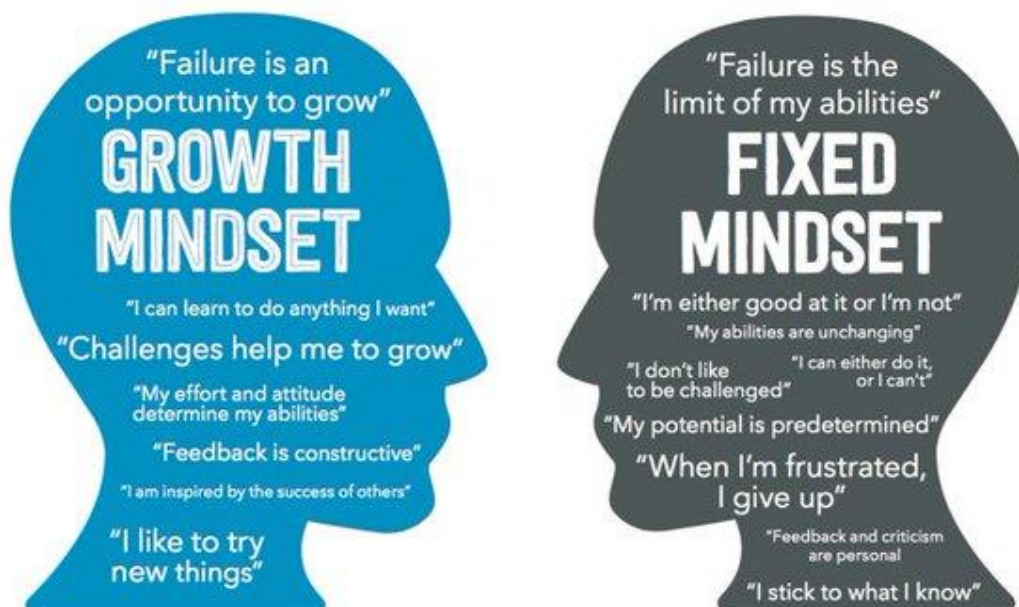
This worksheet focuses on your own personal growth. During this time, reflecting on you and your life may help you move forward, when self isolation ends.

I wanted to introduce you to the ideas around a growth and fixed mindset. This was developed from work on positive psychology and looks at what we say to ourselves and how this can impact our future. Whilst there are two mindsets here (see below), research suggests we are not one or the other, but we can have a growth mindset in some areas of our lives and have a fixed mindset in other areas. For example, in my prison reform work I have a strong growth mindset but due to some chronic health conditions I have, I have a fixed mindset around sport and exercise. This worksheet works through questions that help us understand our mindset in different situations and from this, bring about new learning.

“In a **fixed mindset**, people believe their basic qualities, like their intelligence or talent, are simply **fixed** traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort.”
(Dweck, 2015)

“In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.”
(Dweck, 2015)

Here are some examples of what we might say to ourselves in these mindsets.



1. *Looking at these two mindsets, when do you have a fixed mindset and when do you have a growth mindset?*

2. *Do you think these mindsets impact on your actions? If so, how does a fixed mindset effect how you act? How may a growth mindset change things?*

3. *What are your strengths?*



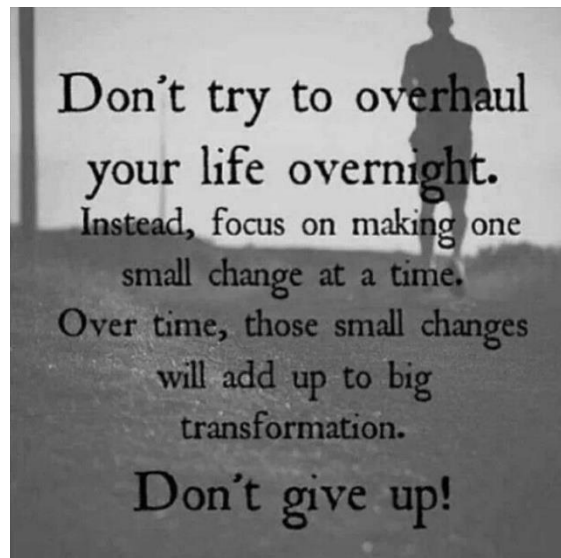
4. *If you knew you wouldn't fail, what is your biggest goal in life?*

Apparently if you laugh for 24 hours straight you'll get a six-pack. New life goal? I think yes.

5. *What is the first step in achieving this goal (once we all get out of self isolation)? What can you say to yourself that might help you take that first step?*



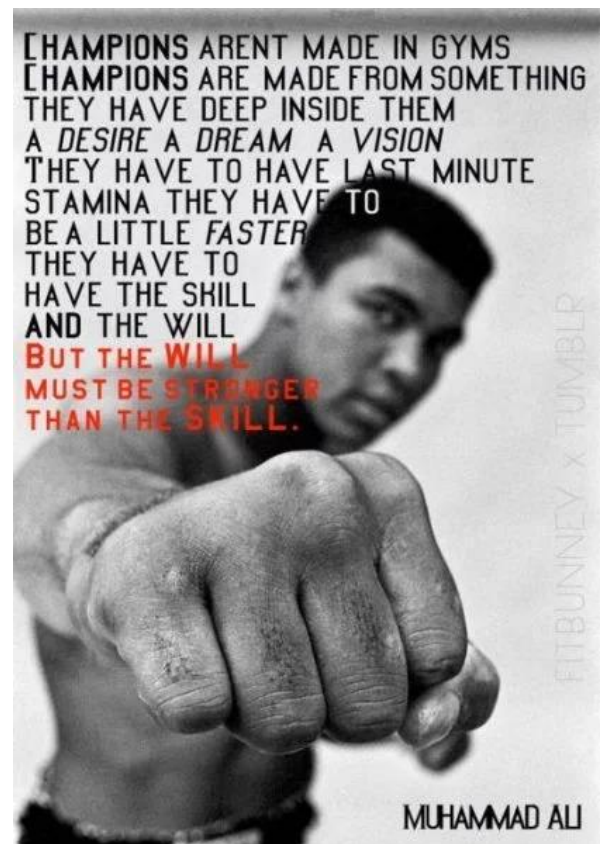
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6. *List what you love doing (these things need to bring you joy and peace)?*

7. *What (or who) brings you meaning or purpose and why?*

8. *Reflecting on your life, what motivates you to move forward and how?*



9. *What holds you back?*

10. *When have you been most happiest? Why were you happy at this time and what was going on around you?*



If you want something
you never had

You have to do something
you've never done

Picture yourself in the future-in the best possible place. Ask yourself these questions:

What are you doing?

Who do you want to be?

Who is around you?

How would the people around you describe you?

What advice would you give to yourself now, to get you to this place?



What do you need to help you get to this place?

What obstacles do you need to overcome?

What skills do you need to help you get here?

What can you do today to start you on this path?

What mindset do you have, a fixed mindset or a growth mindset?

How do you see the challenges in your life?

Who can help you now to get you on this path and stay on track? How can they help you?

We hope you have got something from these exercises. Remember you are loved and we are thinking about you at this time. Please keep your notes and if you want to share them I encourage you to. This passage below is from a journalist in Italy. I thought it was a lovely way to see this challenging time.

"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

"And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

"And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."
~Kitty O'Meara