

Mindset Shift Table

Reframe Your Thinking!

Fixed Mindset Thought

Growth Mindset Reframe

“I’m just not creative.”



“Creativity is a skill I can develop with practice.”

“I always mess this up.”



“I’m still learning - each attempt helps me improve.”

“I failed.”



“Failure is part of learning. This gives me feedback.”

“They’re better than me.”



“I can learn something useful by observing their approach.”

“I can’t do this.”



“I haven’t figured it out yet, but I will with time.”

“I’m bad at public speaking.”



“I can get better at presenting with feedback and preparation.”

“This is too hard.”



“Challenge means I’m stretching my abilities. That’s good.”

“I’m not good at taking feedback.”



“Feedback helps me grow. It’s a different perspective, it’s not personal.”

“Mistakes make me look incompetent.”



“Mistakes show I’m trying and learning. They’re valuable data.”

“I’ll never be as skilled as them.”



“Everyone grows at their own pace; I’m building my path too.”

Reframe your thinking from fixed to flexible, and notice the shift.

swivel