**Personal Growth (Grade 9)**

Learning Target: I can identify sayings that represent fixed and growth mindsets.

**Activity II**: Growth Mindsets II- Common Sayings

* Label each saying as representing a “Fixed Mindset” (label “F”) or a “Growth Mindset” (label “G”)

1) \_\_\_\_\_\_ She’s a born leader

2) \_\_\_\_\_\_ Life is what you make it

3) \_\_\_\_\_\_ She’s self-made

4) \_\_\_\_\_\_ If you believe it, you can achieve it

5) \_\_\_\_\_\_Life isn’t about finding yourself. Life is about creating yourself.

6) \_\_\_\_\_\_ I’m bad at math

7) \_\_\_\_\_\_ Great works are performed, not by strength, but by perseverance.

8) \_\_\_\_\_ He’s a natural

9) \_\_\_\_\_ Like father, like son

10) \_\_\_\_\_ Success is the ability to go from one failure to another with no loss of enthusiasm

**Reflection**

1. Compare your responses to the responses of other people in your advisory. Are there any differences?
2. Can you (or anyone in your advisory) think of any other sayings that represent a “fixed mindset”? If yes, what are they?
3. Can you (or anyone in your advisory) think of any other sayings that represent a “growth mindset”? If yes, what are they?
4. How do the “fixed mindset” sayings impact the person saying or hearing them?
5. How do the “growth mindset” sayings impact the person saying or hearing them?