

DAY 2 - MINDSET REALIZATION HANDOUT

FIXED MINDSET vs GROWTH MINDSET

Is this who you are - or simply where you stopped practicing?



READ THIS SLOWLY

A woman bought books every year. She loved the idea of reading, learning and growing. But whenever she opened a difficult book, she became slow, distracted and tired. After a few attempts she started saying, "I am just not a reader."

Later the same sentence entered other parts of her life: "I am not disciplined." "I am bad with technology." "I cannot remember." "I am not confident speaking in front of people."

Without noticing it, she had turned temporary difficulty into permanent identity.

One day someone asked her: "How do you know you cannot do it? Have you trained it long enough?"

That question changed everything. She realized she was not describing who she was. She was describing what she had not yet trained.

Your current ability is a starting point - not a life sentence.

1. MEET THE TWO MINDSETS

A Fixed Mindset turns today's ability into identity. A Growth Mindset treats ability as something that can be trained.

FIXED MINDSET	GROWTH MINDSET
"This is just who I am." Labels - fear of mistakes - quitting early	"This is where I am right now." Practice - feedback - improvement

2. CATCH THE LABELS YOU USE

Complete this honestly. The words after "I am" often become instructions to your mind.

AREA	WHAT I USUALLY SAY	A GROWTH VERSION
Reading	_____	_____
Memory	_____	_____
Discipline	_____	_____
Technology / New Skills	_____	_____
Confidence / Communication	_____	_____

3. TURN "I CAN'T" INTO "NOT YET"

Choose 3 beliefs you have carried for a long time. Rewrite them without lying to yourself - simply leave room for growth.

BELIEF 1

My old sentence: "I am not good at _____."

My new sentence: "I am not good at this yet. I can improve by _____."

One practice that would help: _____

BELIEF 2

My old sentence: "I am not good at _____."

My new sentence: "I am not good at this yet. I can improve by _____."

One practice that would help: _____

BELIEF 3

My old sentence: "I am not good at _____."

My new sentence: "I am not good at this yet. I can improve by _____."

One practice that would help: _____

4. THE 3 SIGNS TO WATCH

1

You use labels as facts.

Where do you say "I am not a reader", "I am not disciplined", or "I am just not that kind of person"?

My answer: _____

2

You quit before practice has a chance to work.

What have you stopped because you disliked feeling like a beginner?

My answer: _____

3

Someone else's success makes you uncomfortable.

Could their success be showing you something you still want for yourself?

My answer: _____

5. THE 24-HOUR GROWTH EXPERIMENT

FOR THE NEXT 24 HOURS, CATCH ONE SENTENCE:

"I am not good at this."

Replace it with: "I am not good at this yet - what can I practice?"

Read 10 pages | Try one new reading technique | Ask for feedback | Practise a weak skill for 15 minutes

6. ONE SKILL I WILL TRAIN

One skill I have been treating like a fixed ability:

Why have I believed I cannot improve it?

What small practice will I do today?

When exactly will I practise?

What will I tell myself if it feels difficult?

7. MY DAY 2 DECLARATION

Place your hand on your heart and read slowly:

"Starting today, I choose to keep learning, keep improving, and believe that I can become better with practice and guidance."

I CAN LEARN. I CAN GROW. I CAN IMPROVE.

8. BEFORE YOU SLEEP TONIGHT

1. Which fixed label did I catch myself using today?

2. Where did I stay with difficulty instead of quitting?

3. What did I do today that proves I can improve?

TODAY I REALIZED THAT...

**Your current ability is not your final ability.
What you practise can improve.**