**Growth Mindset Language Tracking Worksheet**

For the next week, keep this worksheet handy and jot down the fixed or growth mindset statements you hear and how you or the other party responded. Pay attention to your own language as well as what you hear peers, instructors, or family members saying to you or to each other. Note who is speaking to whom in left column by writing an (M) for yourself, (P)for peer, and (I)for instructor or (F) for family member. In the column on the far right, put an F for fixed, a G for growth, and a U for unsure. Bring your completed sheet with you to your next academic skills consultation.

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| **Who spoke to whom?** | **What was said?** | **Notes or comments** | **Fixed, Growth, or Unsure?** |
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