

Growth Mindset Career Worksheet

Practical Exercises to Reframe, Learn, and Grow at Work

“Your only limit is your mindset.”

Quick Self-Check: Fixed vs Growth Mindset

I avoid challenges ■ / I embrace challenges ■
I see feedback as criticism ■ / I see feedback as guidance ■
I stick to what I know ■ / I enjoy learning new skills ■
I fear failure ■ / I see failure as growth ■

■ Count your ■ — the more you have, the stronger your growth mindset!

Exercise 1: Reframe Challenges

Challenge	Growth Opportunity
Example: “I’m bad at public speaking.”	“I can learn to improve by practicing presentations weekly.”

Exercise 2: Feedback Journal

Feedback Received	My Action Plan	Progress After 1 Week

Exercise 3: Affirmation Swap

Limiting Belief	Growth Affirmation
"I can't manage a team."	"I can learn leadership skills step by step."

Action Plan for Career Growth

☐ I ask for feedback once a week.
☐ I learn one new skill every month.
☐ I reflect on challenges instead of avoiding them.
☐ I track my small wins and progress.

■ **"Remember, every career leap starts with a mindset shift."**

Thank you for using this worksheet. Follow me for more career growth tips.