



# 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 others saying to you or to each other. Note who is speaking to whom in left column by writing an **(M)** for yourself, **(C)** for colleague, and **(CT)** for customer. In the column on the far right, put an **F** for fixed, a **G** for growth, and a **U** for unsure.

**Use your completed sheet as a source of discussion at team meetings.**

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