

The Ultimate

GROWTH MINDSET

CRIB SHEET

A worksheet from

Nurturing Strengths

Wellbeing & Empowerment Coaching

Success is not final; failure is not fatal:
It is the courage to continue that counts.

— WINSTON CHURCHILL

WHAT IS A GROWTH MINDSET?

A growth mindset is a set of beliefs and behaviours that help you increase your likelihood of success. It encourages you to seek opportunities to learn, build new skills, strengthen existing ones, become more resilient, and grow your character and willpower — one small step at a time.

This crib sheet gives you three practical steps to begin.

STEP 1

Shift what you value

STEP 2

Choose growth language

STEP 3

Keep a simple growth diary

You already have the capacity to grow. These tools simply help you use it.

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STEP 1

SHIFTING WHAT WE VALUE

Growth begins when we intentionally choose what we celebrate and prioritise.

Effort & Persistence	OVER	Intelligence & Abilities
Process	OVER	Outcome
Mistakes we learn from	OVER	Perfectionism
Failing while trying new things	OVER	Winning inside the comfort zone
Doing what is hard or boring — but necessary	OVER	Doing what is shiny, new or exciting
Deferred gratification	OVER	Instant gratification

REFLECT

Which of these shifts feels most relevant to you right now?
Circle one and notice how it shows up in your daily choices.

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STEP 2

BE AWARE OF YOUR LANGUAGE

The words you use shape the mindset you live in. Practise swapping fixed phrases for growth ones.

Instead of...	Say...
I can't / I don't know how to do this...	**I will learn how to do this.**
I am not good at X.	**I am not as good at X as I want YET — but I am in the process.**
I can't make mistakes...	**I am aiming for progress, not perfection.**
Everyone is so far ahead...	**I am proud of where I am on the journey and inspired by those further along.**

STEP 3

KEEP A SIMPLE GROWTH DIARY

Answer these three prompts each day. Small reflections compound into lasting change.

1. **What was something new I learned today?**
2. **How did I make progress on my current goals?**
3. **What can I do tomorrow to be just 1% better?**

Tip: Keep it short. Two or three sentences is enough. Consistency matters more than length.

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Growth is a practice, not a destination

Return to these three steps whenever you feel stuck or discouraged.
Celebrate effort. Welcome mistakes as teachers. Choose language that lifts you.
You are already becoming the person your goals need.

Remember

You do not have to grow perfectly. You only have to keep choosing growth.



MEET THE COACH

Nat Scott

Wellbeing & Empowerment Coach

I'm Nat, the founder of Nurturing Strengths — a platform dedicated to enhancing your wellbeing and empowering you to live your best life.

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