

Values and Mindset Worksheet

Part 1: **Values**....and Behavioral Change

Below is a list of **values** human beings can subscribe to:

Authenticity	Love	Appreciation of beauty
Creativity	Kindness	Gratitude
Curiosity	Social intelligence	Hope
Open-mindedness	Citizenship	Emotional intelligence
Learning	Fairness	Humor
Enthusiasm	Leadership	Spirituality
Perspective	Autonomy	Wisdom
Bravery	Patience	Teamwork
Persistence	Humility	Playfulness
Knowledge	Courage	Humanity
Generosity	Fitness	Justice
Benevolence	Relationships with friends and family	Belonging to a social group
Integrity	Self-control	Optimism

Please understand this is not an exhaustive list of values but gives you 39 to think about. There may be others you subscribe to, but just consider these for now. Going through them one at a time, classify them as follows. Do not spend time really thinking about them. Just go with your gut instinct. Write them under the column where they go. You should have fewer and fewer as you go from left to right in the columns.

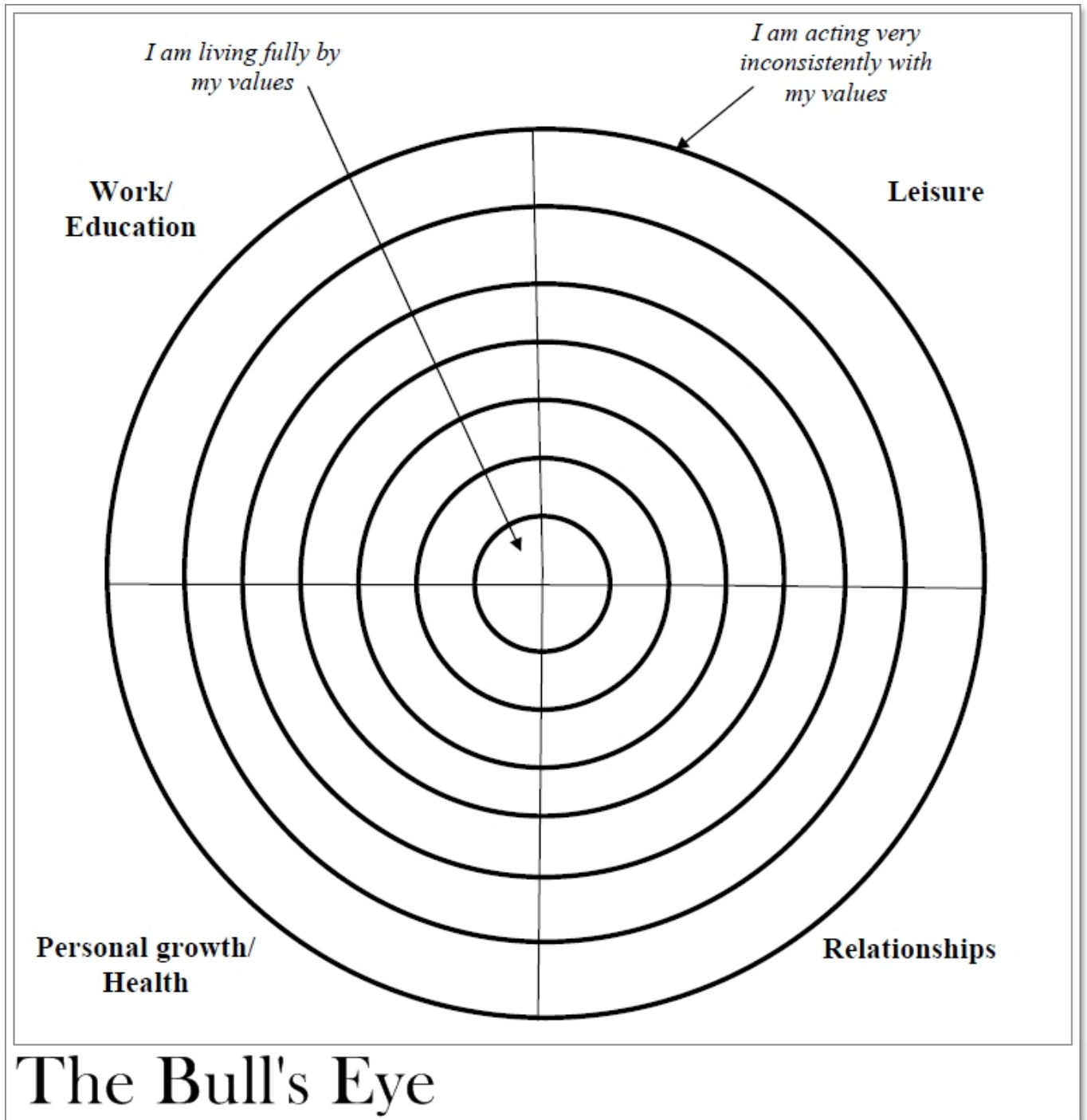
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How many values are in the **UTMOST** importance column? If more than three, narrow it down to just three that represent the core values you believe best represent you.

1. _____
2. _____
3. _____

Spend a few minutes explaining why these core values (the three above) are important to you. You can define them any way you want. There are no wrong answers.

And finally, consider the full list of values. How might your values vary in different areas of your life – work/education, personal growth/health, leisure, and relationships? As you move away from the center the value is least important to you in that domain. Write values where they seem appropriate. There is no need to list all 39 in each quadrant.



How does a discussion of values relate to your motivation for wanting to make change?

Might it affect your self-efficacy?

Might it affect whether you succeed or fail?

Part 2: Mindset....and Behavioral Change

Directions: Arrange the descriptors below in the column you believe they belong in. They will either describe a growth or fixed mindset. Just make a logical guess about where they should go.

Ignores useful feedback

Ignore useful feedback

Avoids challenges

Inspired by other's success

Learns from criticism

Intelligence is static.

Give up easily due to obstacles

Not afraid to fail.

Intelligence can be developed

See effort as path to mastery

See effort as fruitless

Sticks to what they know

Persists despite obstacles

Threatened by other's success

Embraces challenges

[illegible]

MINDSETS

FIXED MINDSET

The belief that skills, intellect, and talents are set and unchangeable.



GROWTH MINDSET

The belief that skills, intellect, and talents can be developed through practice and perseverance.



I'll stick to what I know.
Either I'm good at it or not.

DESIRES

I want to learn new things.
I am eager to take risks.

It's fine the way it is.
There is nothing to change.

SKILLS

Is this really my best work?
What else can I improve?

This is a waste of time;
there's a lot to figure out.

EFFORT

I know this will help me
even though it is difficult.

It's easier to give up.
I'm really not smart.

SETBACKS

I'll use another strategy;
my mistakes help me learn.

This work is boring.
No one likes to do it.

FEEDBACK

I recognize my weakness,
and I know what to fix.

It's easy for him or her.
They were born smart.

TALENTED PEERS

I wonder how they did it.
Let me try to figure it out.

How do growth and fixed mindsets relate to self-efficacy and behavioral change?