

Values and Mindset Handout

I. Values Exercise

PART 1

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
Learing	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.

Not very important to me	Very important to me	The UTMOST importance to me

Values and Mindset Handout

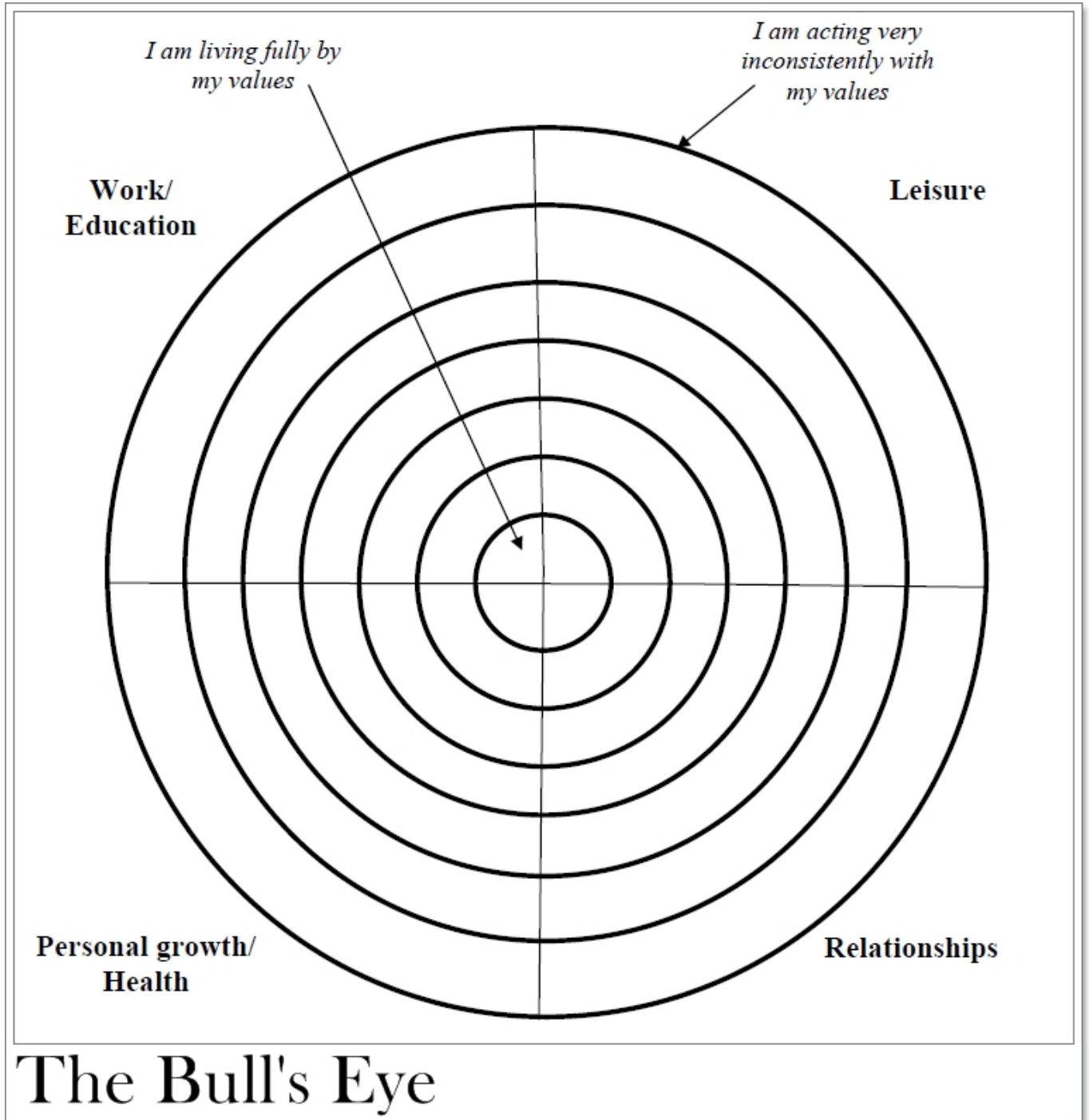
How many values are in the **UTMOST** importance column? If more than three, narrow it down to just three that represent the core values that you believe best represent you.

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.

Values and Mindset Handout

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.



Values and Mindset Handout

Work/Education – Write a few values in here

Personal Growth – Write a few values in here

Relationships – Write a few values in here

Leisure - Write a few values in here

Answer the following:

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

Might it affect our self-efficacy?

Might it affect whether we succeed or fail?

Values and Mindset Handout

II. Mindset Exercise

For each of the following, classify them as applying to a growth or fixed mindset. Though the terms have not been defined yet, where do you think they logically fall?

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.

See effort as path to mastery

Intelligence can be developed

See effort as fruitless

Sticks to what they know

Persists despite obstacles

Threatened by other's success

Embraces challenges

<u>GROWTH MINDSET</u>	<u>FIXED MINDSET</u>

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.

Gerard Aflague Collection | Copyright 2016. All rights reserved. | Printed in the U.S.A. | Sales@GerardAflagueCollection.com

A **growth** mindset:

- Leads to a desire to learn
- Sees effort as key to improving ourselves
- And is driven by curiosity

A **fixed** mindset:

- Leads to a desire to look smart
- Says effort is not needed
- And is driven by the need to manage other's impressions

And now consider this:



What can I say to myself?



INSTEAD OF:
I'm not good at this
I'm awesome at this
I give up
This is too hard
I can't make this any better
I just can't do math
I made a mistake
I'll never be that smart
It's good enough
Plan "A" didn't work

TRY THINKING:
What am I missing?
I'm on the right track
I'll use some of the strategies we learned
This may take some time and effort
I can always improve so I'll keep trying
I'm going to train my brain in math
Mistakes help me to learn better
I'm going to figure out how others do it
Is it really my best work?
The alphabet has 25 more letters!



Download from
Dreamstime.com

This watermarked comp image is for previewing purposes only.

ID 68251381

© Alain Lacroix | Dreamstime.com

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

III. Self-Reflection

Reflect on how what you learned about in this worksheet as it relates to values and the growth vs. fixed mindset can help you with your own behavior modification project.