

MINDSET MAGIC'S



RISE
Spellbook

THE SPELL OF LIMITLESS GROWTH

An incantation for those ready to rise.

*I see the words that once confined me.
I name them, and their hold begins to fade.
Where doubt was sown, I grow wild with
possibility.*

*I speak my own becoming and I rise — not into
perfection, but into possibility.*

*(Sign your name below as a promise to your
becoming.)*





R.I.S.E.

Above Fixed Thinking

R - RECOGNISE A RIGID THOUGHT

Catch yourself in the little fixed thoughts,
"I'll never get it" or "That's just not me"
Awareness is the first step!

I - INK IT DOWN

Write the thought out. Seeing it on paper
helps you separate from it and examine it
objectively.

S - SWITCH THE THOUGHT

Challenge the thought. Ask: "What's the
evidence?" or "What would I say to a friend who
thought this?" Then rewrite it with a growth
mindset.

E - ENGAGE WITH ACTION

Take a small step that proves the new
belief. Action reinforces mindset change.

Mindset Mirror Checklist

BELIEFS ABOUT ABILITY

- ☐ I'm just not a "math person" / "creative type" / "leader."
- ☐ I avoid tasks I'm not naturally good at.
- ☐ If I fail, it means I'm not smart or capable.

RESPONSE TO CHALLENGES

- ☐ I give up easily when things get hard.
- ☐ I avoid challenges to protect my confidence.
- ☐ I feel threatened by others' success.

ATTITUDE TOWARD FEEDBACK

- ☐ I take feedback personally.
- ☐ I feel defensive when someone critiques my work.
- ☐ I believe criticism means I'm not good enough.

EFFORT & PERSISTENCE

- ☐ If I have to try too hard, it's not worth it.
- ☐ I believe talent matters more than effort.
- ☐ I feel embarrassed when I struggle.

LEARNING & GROWTH

- ☐ I avoid asking questions so I don't look "dumb."
- ☐ I stick to what I already know.
- ☐ I believe people don't really change.

Rewire Your Thoughts

I'm either
good at it
or I'm
not.

I can improve
with effort &
practice.

I failed,
I'm terrible
at this.

Failure is
data,
NOT a
verdict.

Feedback
is
criticism.

Feedback is a
learning
opportunity

This is too
hard-I give
up.

This is
tough, but
I'll figure it
out.

Swap This

For This

Sees mistakes as proof of inability.

Sees mistakes as learning opportunities.

Believes intelligence is static.

Believes intelligence can grow.

Sticks to one way, even if it fails.

Experiments with different approaches.

Avoids challenges to protect ego.

Takes on challenges to develop skills

Sees others' success as a threat.

Sees others' success as inspiration.

Sees effort is a sign of weakness.

Sees effort is a crucial part of success.

Sticks to what's familiar and safe.

Tries new things despite fear of failure.

Focuses on proving worth.

Focuses on progress over perfection.

Avoids asking to not seem "dumb."

Asks questions and seeks help.

Worksheet

I WILL TRY