

HiTS Retreat “Strategies for Giving and Receiving Feedback”

Johanna L Gutlerner – 12/14/16

Please complete this worksheet while you watch the Match Mini video, “reducing Fixed Mindset Behaviors.”

<https://www.matchminis.org/videos/for-coaches/43/reducing-fixed-mindset-behaviors/>

Mindset	What does it look/sound like?	Personal Connections?
You’re Right I Suck		
You’re Wrong I Rule		
Blame It On the Rain		
Optimist Without a Cause		

- Now reflect – which of these mindsets do you identify with the most?
- Are there others that you see in yourself sometimes, or in certain situations? Which one(s)?
- What situations elicit these fixed mindset patterns for you?