How is your Mindset?

In this workbook write down the thoughts you tell yourself about your Judo.

Then turn that thought around into a more positive statement.

Remember if you can think of a positive statement. Write 'yet' at the

end of your statement.	·	
Fixed Mindset thought		
1.		
2.		
3.		

New Growth mindset thought.

1.

2.

3.