Handout 1-B: The Reframe Card

Session 2 · about 12 minutes per card

A fixed-mindset thought is a sentence that treats an ability as permanent ("I'm just not a ___ person"). This card turns it into a growth version in three small moves: add "yet," name a next step, and connect a resource. Use a statement you actually say to yourself, not a made-up one.

Step	Your card
My fixed-mindset thought (the "I can't" or "I'm just not" sentence I really say)	"…"
1. Add "yet"	"I can't … yet."
2. Next step	"The first thing I'll try is …"
3. Resource	"I'll use / ask / look up …"
Growth version (combined)	"…"
When did this belief start? (optional)	…

Keep your cards in your notebook or file system. You'll reuse one in Session 4 (to check an obstacle for a hidden belief) and again in Week 4's stress-regulation session.

Notes

- **Sensitivity.** Some fixed beliefs are tied to identity, disability, or past trauma. The origin question is optional, and you never have to share a statement with anyone.
- **Options.** Written, voice memo, or index card.

Worked example

Step	Example card
My fixed-mindset thought	“I’m just not a numbers person.”
1. Add “yet”	“I can’t read a spreadsheet with confidence yet.”
2. Next step	“The first thing I’ll try is making a budget with just three numbers.”
3. Resource	“I’ll use a free beginner spreadsheet tutorial and ask a friend who uses spreadsheets at work one question.”
Growth version (combined)	“I can’t read a spreadsheet with confidence yet, so I’ll start with a three-number budget and use a free tutorial when I get stuck.”
When did this belief start? (optional)	“A math class where I got a bad grade and decided that was that.”