

8 STEPS TO MATHS SUCCESS

THE MATHS

Mindset Journal

A PRINTABLE STARTER KIT
FOR STUDENTS, PARENTS AND TEACHERS

● Growth-mindset reflection ● SMART goal sheet ● Weekly progress tracker



CRAIG CAMERON

Every climb starts with one step



Almost every student I have taught has told me some version of the same thing: *"Maths is too difficult. I'll never be good at it. I need to be a genius to succeed."* This journal is here to prove that belief wrong.

Success in maths isn't about being gifted. It's about learning how to think, respond and grow. These pages give you a place to reflect on how you see yourself as a learner, set a goal you can actually reach, and track your progress week by week. Small steps, taken often, add up to a big climb.

— *Craig Cameron*

This journal belongs to

Name

Grade

Date started

PART 1

Growth-Mindset Reflection

Your maths story, a mindset check-in and the power of "yet".

Pages 3–4

PART 2

SMART Goal Sheet

Turn "I want to be better at maths" into a clear plan.

Pages 5–6

PART 3

Weekly Progress Tracker

An 8-week overview and a weekly page you can print again and again.

Pages 7–8

How to use it

Start with Part 1, then set your goal in Part 2. Fill in a weekly tracker every week, ideally on the same day. Use the toolkit on page 9 whenever maths feels stressful, and colour in your staircase on page 10 as you go.

Parents and teachers

Sit with your learner for Part 1 and the goal sheet. Each week, ask about their win and the mistake they learned from, not just their marks. Praise effort and strategy.

1 My maths story

A **growth mindset** is the belief that your ability can grow through effort, good strategies and help from others. A **fixed mindset** says you either have a “maths brain” or you don’t. Before you can change your story, write down the one you’re telling yourself now. Be honest. There are no wrong answers.

When I think about maths, I usually feel...

A time maths felt really hard was... What did I do?

Something I got better at through practice (in or out of school) is... How did I improve?

The words I most often say to myself about maths are...

By the end of this year, I would like to be able to say this about me and maths:

Mindset check-in

Circle how much you agree with each statement: 1 = not at all, 5 = completely. Fill this in again after eight weeks and compare.

STATEMENT	TODAY	AFTER 8 WEEKS
I can get better at maths if I practise.	12345	12345
Mistakes help me learn what to work on.	12345	12345
I keep trying when a problem is hard.	12345	12345
I feel calm enough to think clearly in tests.	12345	12345
I ask questions when I don't understand.	12345	12345
I talk to myself kindly when I get something wrong.	12345	12345
I notice and celebrate my progress.	12345	12345
Total (out of 35)		

The power of “yet”

Write three things you think you can't do in maths. Then add the word **yet** and choose one small next step.

I CAN'T... YET	MY NEXT SMALL STEP IS...
e.g. I can't factorise quadratics... yet	e.g. Revise common factors, then do 5 easy examples

2 From wish to plan

PART 2 · SMART GOALS

“I want to be good at maths” is a wish. A **SMART goal** tells you exactly what to do and how you’ll know you’ve done it. Check your goal against each letter.

S

Specific

Which topic or skill, exactly?

M

Measurable

How will you know you’ve improved? A mark, a number, a time.

A

Achievable

A stretch, but possible from where you are now.

R

Relevant

Does it matter for your marks, your subjects or your future?

T

Time-bound

By when? Set a date and a halfway check.

WORKED EXAMPLE

Wish

“I want to get better at algebra.”

SMART goal

“I will do 10 equation problems three times a week, and score 70% or more on next month’s algebra test.”

Specific	Solving equations in algebra
Measurable	10 problems, three times a week; 70% on the test
Achievable	Last test was 58%, so 70% is a stretch but realistic
Relevant	Algebra is the foundation for the rest of the year
Time-bound	Algebra test on 14 November; halfway check on 31 October

Break it down

Big goals feel overwhelming. Split yours into weekly mini-goals, like a staircase: review the basics, practise simple examples, apply it to harder problems, then do practice tests.

Review and adjust

At your halfway date, check your progress. Ahead? Stretch the goal. Behind? Change the plan, not your belief in yourself.

My SMART goal sheet

My goal in one sentence

S	Specific: the exact topic or skill
M	Measurable: how I'll know I've achieved it
A	Achievable: why this is possible for me
R	Relevant: why it matters to me
T	Time-bound: deadline _____ halfway check _____

MY MINI-GOALS (STEPS OF THE STAIRCASE)	BY	DONE
1		☐
2		☐
3		☐
4		☐

What might get in my way... and my plan

Who can help me (teacher, parent, friend)

When I reach my goal, I'll celebrate by...

Signed & dated

3

PART 3 · PROGRESS TRACKER

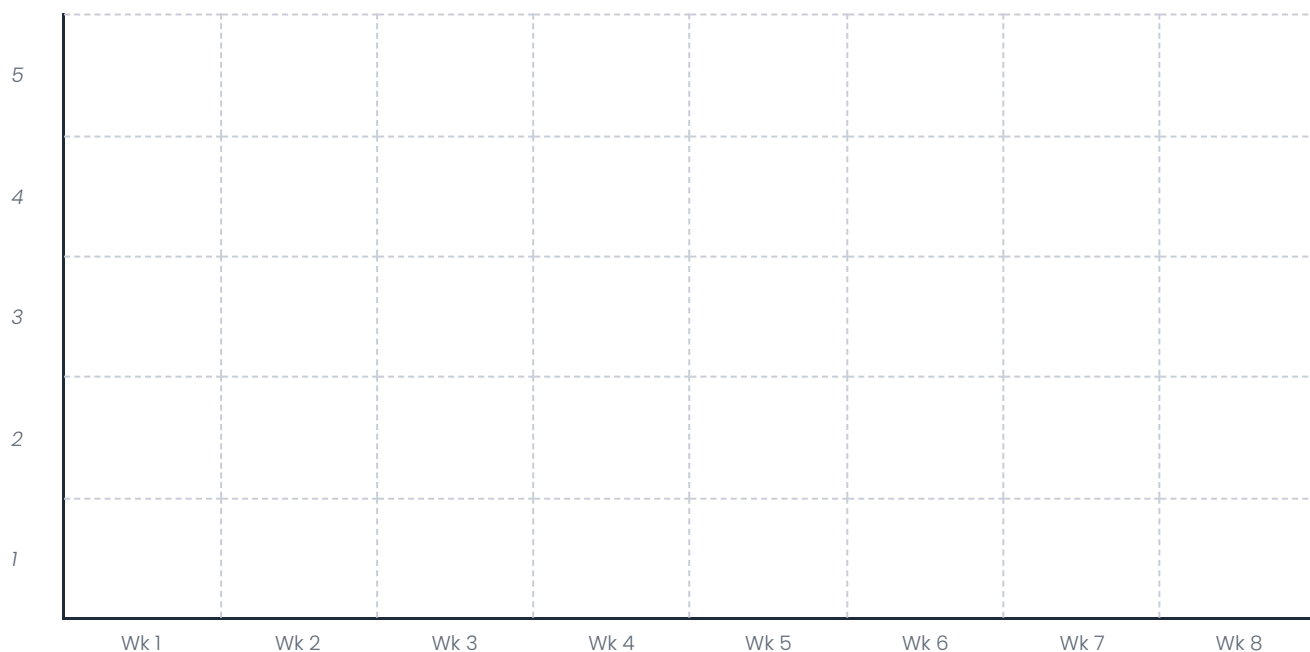
My 8-week climb

Each week, focus on one of the 8 Steps. At the end of the week, copy your totals from your weekly page into this overview.

WEEK	STEP FOCUS	PRACTICE TIME	CONFIDENCE	MARK / WIN OF THE WEEK
1	Growth Mindset		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
2	Embracing Challenges		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
3	Building Resilience		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
4	Managing Maths Anxiety		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
5	Setting SMART Goals		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
6	Positive Self-Talk		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
7	Visualisation		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
8	Celebrating Progress		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	

Plot your confidence

Mark a dot for each week's confidence and join the dots. Dips are normal. Look at the overall direction.



This week's climb

Week _____ Dates _____

Step focus _____

DAY	WHAT I PRACTISED	MINUTES	CONFIDENCE	I FELT
Mon			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	calm · okay · tense
Tue			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	calm · okay · tense
Wed			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	calm · okay · tense
Thu			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	calm · okay · tense
Fri			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	calm · okay · tense
Sat			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	calm · okay · tense
Sun			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	calm · okay · tense
Total			Average confidence: _____	

My win this week

A mistake I learned from

Self-talk reset

A negative thought I had

What I'll say instead

Next week I will...

Goal check (tick one)

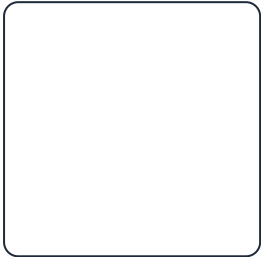
☐ Ahead of plan
 ☐ On track
 ☐ Need to adjust

Reward when I'm on track: _____

Your calm-and-focus toolkit

Cut this page out or keep it in the front of your maths book. Use it before tests, during homework, or whenever maths starts to feel stressful.

IN · 4



OUT · 4

The 4-4-4 breath

When you notice a racing heart or a blank mind: breathe in through your nose for four counts, hold for four, then breathe out slowly through your mouth for four. Trace the square with your eyes. Repeat four times.

Self-talk swaps

"I'm terrible at maths."	"I'm getting better every day."
"I'll never understand this."	"I don't understand this yet."
"Everyone else gets it."	"I'll ask. Others are stuck too."
"I can't do this."	"I'll give it my best effort."

When I'm stuck on a problem

- ☐ Take one 4-4-4 breath
- ☐ Re-read the question slowly
- ☐ Underline what I know and what I need
- ☐ Break it into smaller steps
- ☐ Look at a worked example
- ☐ Ask a specific question

Before a test: 3-minute rehearsal

Close your eyes. See yourself walking in, sitting down and reading the first question. Notice yourself breathing slowly, choosing a method and starting with confidence. Picture handing in the paper knowing you gave your best.

Remember

No one is born a maths genius.
Understanding beats speed.

Mistakes are stepping stones.
Every bit of effort counts.

My own calm-down plan

What works best for me when I feel anxious about maths:

Colour in your staircase

Each time you finish a week on one of the 8 Steps, colour in that step and write the date. Watch yourself climb.

1 Growth Mindset Date	2 Embracing Challenges Date	3 Building Resilience Date	4 Managing Anxiety Date	5 SMART Goals Date	6 Positive Self-Talk Date	7 Visualisation Date	8 Celebrating Progress Date
---	---	--	---	--	---	--	---

— ◆ —

I am proud of myself because...

Signed

Witnessed by (parent or teacher)

What's next



COMING SOON

The Companion Workbook

A full workbook for every step: mindset journals, SMART goal sheets, self-talk logs, visualisation scripts and progress trackers, available individually or as class sets. Because you downloaded this journal, **you'll hear first when it launches.**

THE BOOK

8 Steps to Maths Success

The full handbook behind this journal, with each step explained, worked examples and guidance for students, parents and teachers.

FOR LEARNERS

The 8-Week Mindset Programme

One step a week, paired with real maths practice in small groups, with progress measured from start to finish.

FOR SCHOOLS

Workshops & staff training

Exam-anxiety sessions, Grade 9 subject-choice talks, parent evenings and teacher development.

STAY IN TOUCH

Contact Craig

craigcameron2905@gmail.com
Facebook: Mister C's Maths
[YOUR WEBSITE ADDRESS]

“Success in maths isn’t about being gifted. It’s about learning how to think, respond and grow.”

CRAIG CAMERON