

Name: _____ Date: _____ Per: _____



growth mindset

SKILLS & TALENTS

DIRECTIONS: List things you are good at and ones you are not good at. Complete the growth mindset activity by answering the questions that follow.

What I'm Good At



What I'm Not Good At



Why am I good at these things?

Why am I not good at these things?

What can I do to become better at the things in which I am not good at?



Name: _____ Date: _____ Per: _____

growth mindset LEARNING FROM MISTAKES

DIRECTIONS: Think about one of the biggest mistakes you have made in your life. Reflect about your experience.

Briefly write about a time when you made a big mistake.

What was the mistake that you made?

Why do you think you made this mistake?

How did making this mistake make you feel?

Looking back, what could you have done differently?

How can you view making this mistake in a more positive light?



Name: _____ Date: _____ Per: _____

growth mindset LEARNING FROM MISTAKES

DIRECTIONS: Part of establishing a growth mindset includes reflecting on past mistakes and failures. Reflect about your past and complete the chart.

Describe a mistake you made.	Explain why this was a mistake.	How would someone with a growth mindset view this mistake?	How would someone with a fixed mindset view this mistake?	How can you learn from this



Name: _____ Date: _____ Per: _____

growth mindset GROWING FROM FAILURE

DIRECTIONS: Think about a time in your life when you experienced failure. Reflect about your experience.

Briefly write about a time when you failed miserably at something.

Explain why you consider this a failure.

Why do you think you failed?

How did this failure make you feel?

Looking back, what could you have done differently?

How can you view this failure in a more positive light?
