



GROWTH MINDSET REFLECTION MAT



Name: _____ Date: _____ Class: _____



MY GOAL

What are you working towards?



1. WHERE I AM NOW

What is going well?

What is challenging?



2. MY MINDSET CHECK

FIXED MINDSET

I might say...

I can't do this.

It's too hard.

I give up.

GROWTH MINDSET

I can try saying...

I can't do this yet.

This may take time and effort.

I'll keep trying.

What will you choose to say to yourself?



3. MY NEXT STEPS

 What can you do to keep growing?

1

2

3



4. MY EFFORTS

What effort or strategies will help you reach your goal?



Practice



Plan



Ask



Try Again



Learn



5. MY REFLECTION

What did you learn about yourself today?

What are you proud of?

What will you focus on next?



REMEMBER

Effort today. Growth tomorrow. Success for life.

