

Growth mindset action plan

Name: _____

This didn't work out. What's my next step?

1 What happened?

2 What was your strategy?

3 Why did you choose that strategy?

4 What happened when it didn't work out?

5 Describe what's been going through your head since then.

6 What have you learned that will help you do better next time?

7 What new strategies can you try or who can you ask for help?

8 What's the new plan?

9 How will you deal with thoughts that could keep you from trying?