

Name: _____

What's Your Mindset?

It is important to have a 'growth' mindset in order to realize your goals. You need to be able to face and overcome challenges and barriers with a positive attitude. Assess yourself by answering the questions below:

1 How will you remain positive? _____

2 What will you do when negative thoughts enter your mind? _____

3 How will you handle challenges to reaching your goal? _____

4 How will you remain confident with a can do attitude? _____

5 How will you keep motivated to realize your goal? _____
