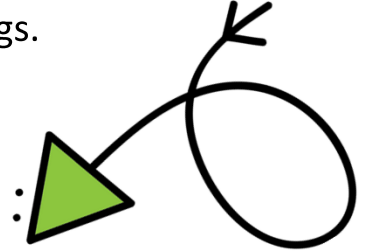


# Action Plan

A goal (growth mindset) without a plan is merely a wish. Success and achievement needs a growth mindset. Professional athletes, Olympians, singers, performers heroes, para-Olympians, and inventors all relied on their growth mindset because they too had set backs, failures, losses and negative happenings.



1. What fixed mindset beliefs do you have about yourself that hinder or hold you back?
2. Who can support you to move forward?
3. What can you do and tell yourself as you encounter setbacks?
4. What do you need to do to build resilience into your mindset?
5. What 2 behaviors will you change to support your growth mindset?
6. What 2 strategies will you start with?