

Think Ahead



On a scale of 1 (not so great) to 4 (really great) underline where are you now and circle where would you like to be? What do you need to do to get there?

- 1 2 3 4 I persist despite challenges/obstacles.
- 1 2 3 4 I select challenges to feed my brain.
- 1 2 3 4 When Plan A fails, I move to Plan B.
- 1 2 3 4 I learn and reflect on mistakes to prevent them from happening again.
- 1 2 3 4 I tell myself, I just don't know it YET, but I'm learning, I'll get there.
- 1 2 3 4 When something's not working, I'll try another way.
- 1 2 3 4 It's ok to make mistakes, everyone does and I'll learn from them.
- 1 2 3 4 It takes time to learn, I just need more time.
- 1 2 3 4 I own my attitude, I'm in charge and can change it to benefit me.
- 1 2 3 4 I feel that every day is an opportunity to learn and to grow.
- 1 2 3 4 I take chances because chances are, I'll learn from them.
- 1 2 3 4 I am resilient and can bounce back after setbacks.

After answering these questions, what are your priorities for change?