

Daily Reflections

Name _____

Date _____

Growth

- Persisted, demonstrated grit and tenacity
- Maximized my efforts
- Learned from mistakes
- Embraced challenges
- Believed in my self – positive self-talk
- Used feedback for improvement (*not as criticism*)
- Took risks and tried something new

Growth Mindset

For the checkmarks in the top section, elaborate on how you did this either socially, academically or physically:

For tomorrow I need to do or to remember: