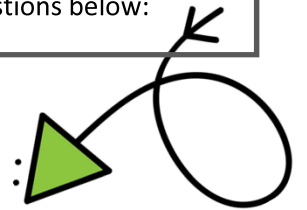


Action Plan For a Task

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.

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 and setbacks while reaching your goal?
- 4 What will you do to stay the path and persist?
- 5 How will you keep motivated to realize your goal?