

That Didn't Work, Now What?



A growth mindset means having the ability to learn from mistakes. In order to learn from mistakes, it will sometimes mean, reflecting, devising a new plan/strategy, being resilient and moving forward. You know what didn't work, you've learned that, now move forward until you learn what might work.

Your task:

Answer the following:

- 1. What didn't work out?*
- 2. What strategy and thoughts didn't work as you had hoped they would?*
- 3. When it didn't work out, what were you thinking?*
- 4. What have you learned from this? You learned what didn't work, did you learn why?*
- 5. What new strategies might work?*
- 6. What self-talk do you need?*