



Growth Mindset Self Reflection

Name _____

Date _____

Growth Mindset Behavior	Always	Often	Not Yet	My Plan to Improve
I set learning goals and monitor my progress.				
I put forth effort to improve at things.				
I try different strategies if I am unsuccessful at first.				
I persevere through challenges/obstacles.				
I visualize my neurons making connections.				
I am able to change my fixed mindset thoughts to growth mindset thoughts.				
I reflect and learn from my mistakes.				
I do not avoid challenging tasks, I embrace them.				
I respond to feedback from others.				

