

WELL-BETTER-HOW

Complete this worksheet after every competition to reflect on your performance, learn, and plan your next move.



WELL

What did you do well today?
What are you proud of?



BETTER

What can you do better or
differently next time?



HOW

How will you do it better or differently?
What's your game plan?

Taking time to reflect is one of the best ways to develop a growth mindset.