

Growth Mindset Action Plan

Sometimes despite the best intentions and efforts, your child may fail at something. What your child does next is important in fostering a growth mindset. Have your child use this worksheet to revisit the situation and come up with an action plan.



This Didn't Work Out. What's My Next Step?

1. What happened?	2. What was your strategy?	3. What were you thinking at the time?
4. What happened when you failed?	5. Describe what's been going through your head since then.	6. What have you learned that will help you do better next time?
7. What new strategies can you try or who can you ask for help?	8. What's the new plan?	9. How will you deal with thoughts that could keep you from trying?