**My Growth Mindset Goal**

**Name** ________________________________  
**Date** ________________________________

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**My Reality**

How good am I at this now? How do I know?

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**My Challenges**

What are some reasons I am not already good at this?

What have I been doing that might have been holding me back?

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**My Support System: Get Plugged In!**

Who can I ask for help?

What materials do I have or can I ask for?

How often will I remind myself of my plan?

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**What are three steps I need to take?**

<table>
<thead>
<tr>
<th>STEPS</th>
<th>When will I do it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>First I will,</td>
<td></td>
</tr>
<tr>
<td>Next,</td>
<td></td>
</tr>
<tr>
<td>After that,</td>
<td></td>
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Looking forward:

By __________________, I will __________________

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**How will I know when I am almost there?**

**How Motivated Am I?**

How challenging is this goal for me?

a. Not at all...  b. Somewhat...  c. Very...

Can I do it?

a. Yes, definitely  c. Maybe  d. Probably not

How much do I want to achieve this goal?

a. Not at all...  b. Somewhat...  c. Very...

WHY?

Who else wants me to achieve this goal and why?

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**What is your learning goal? How do you want to GROW?**

“I want to improve...”

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