

Developing a Growth Mindset - Strategy Box

1. Select a new challenge or learning goal
2. Reflect on previous successful learning experiences:
 - a. How did you think about and approach the challenge?
 - b. What strategies & steps did you take that helped you succeed?
 - c. How did you overcome obstacles & handle challenges?
3. How can you apply these strategies to your new goal?

<p>Something I achieved or I'm good at now:</p> <p>Strategies, steps, beliefs that got me there:</p> <ul style="list-style-type: none"> • • • • • 	<p>Something I achieved or I'm good at now:</p> <p>Strategies, steps, beliefs that got me there:</p> <ul style="list-style-type: none"> • • • • •
<p>Something I achieved or I'm good at now:</p> <p>Strategies, steps, beliefs that got me there:</p> <ul style="list-style-type: none"> • • • • • 	<p>My new challenge or learning goal:</p> <p>Strategies, steps, beliefs I can borrow from other boxes:</p> <ul style="list-style-type: none"> • • • •

Adapted from template and activity by MENTOR: The National Mentoring Partnership