



Empowering the Iowa Girl

Leadership. Culture. Character. Performance.

GROWTH CONTINUUM REFLECTION

Reflect on your/our approach to **Effort, Challenges, Mistakes, and Feedback** during a specific situation, time, or event:

Situation, Time, or Event: _____

Which of your/our responses reflected a growth mindset?

To the additional **EFFORT** required:

To new **CHALLENGES** experienced:

To **MISTAKES** that happened:

To **FEEDBACK** being given:

Which of your/our responses reflected a fixed mindset?

To the additional **EFFORT** required:

To new **CHALLENGES** experienced:

To **MISTAKES** that happened:

To **FEEDBACK** being given:

Growth Mindset:

... focusing on the process of getting better, believing that abilities are built through practice and new challenges, and that we CAN change, develop, and grow.

Fixed Mindset:

... focusing on not losing, looking bad, or making mistakes, believing abilities are something we are born with, and that we CANNOT change, develop, or grow.



EXCELLENCE
WITH INTEGRITY

TOOLS