

Self-reflection Questions

- What's been a recent failure for you? Describe the events, possible causes, people involved, etc.
- How did you respond? Was your response more consistent with a fixed mindset or a growth mindset?
- Consider similar experiences of failures, obstacles, and limitations. Was your behavior more consistent with a fixed or growth mindset?
- Do you believe you need to adjust your response to failures? If so, what aspects of your behavior do you believe you need to adjust?