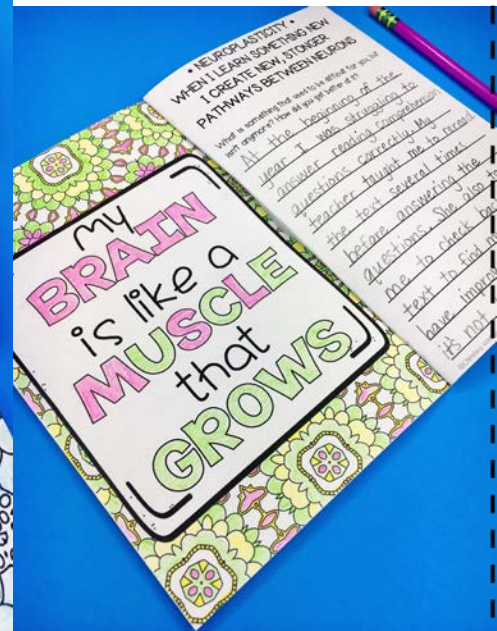


GROWTH MINDSET

Reflection Journal

my
growth
MINDSET
reflections

By: Ellie



© Created By: Christina Winter



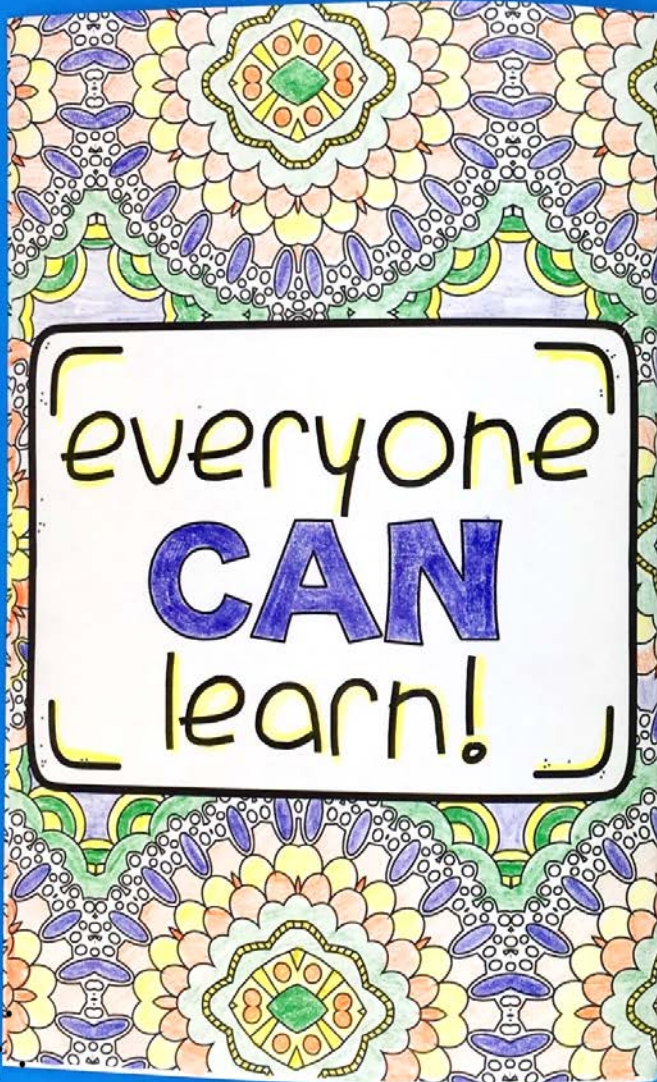
GROWTH MINDSET

Reflection Journal

OPTIONS! The reflection journal has both PRIMARY and REGULAR lined paper to best meet the needs of your students. In addition you can use the 10 full sized motivational quotes as posters in your classroom! Thank you for your interest 😊

PRIMARY LINED

full size page JOURNAL

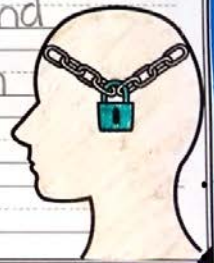


WITH PRACTICE I CAN DO HARD THINGS



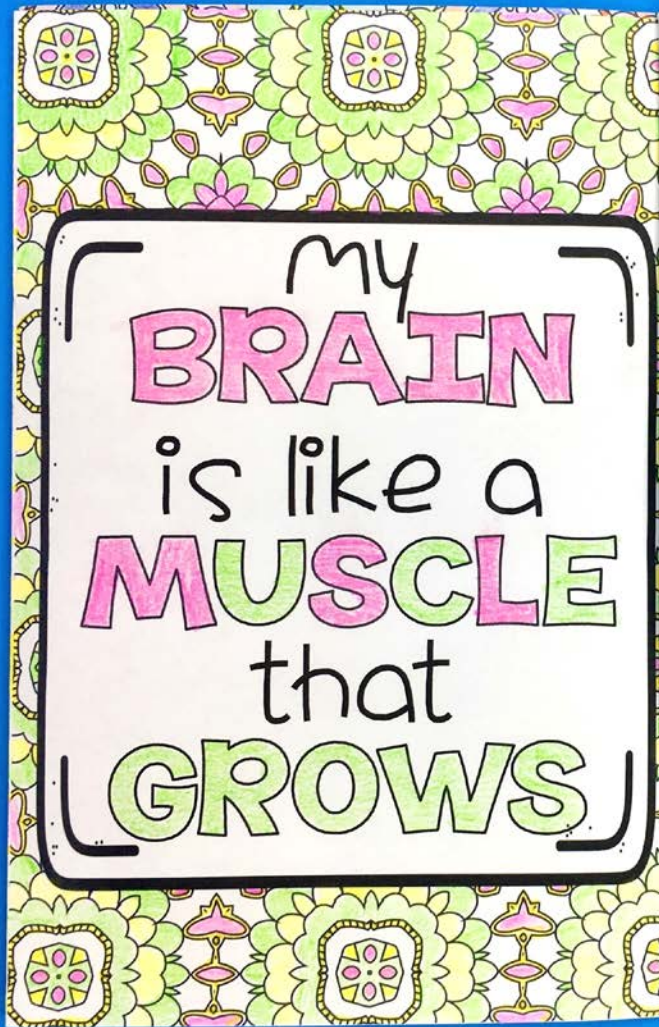
What does someone with a growth mindset believe compared to someone with a fixed mindset?

A person with a growth mindset believes that with effort they can learn to do new things. A person who has a fixed mindset believes they are born the way they are and cannot improve even with practice.



REGULAR LINED

half page journal



• NEUROPLASTICITY •

WHEN I LEARN SOMETHING NEW
I CREATE NEW, STRONGER
PATHWAYS BETWEEN NEURONS

What is something that used to be difficult for you, but isn't anymore? How did you get better at it?

At the beginning of the
year I was struggling to
answer reading comprehension
questions correctly. My
teacher taught me to reread
the text several times
before answering the
questions. She also taught
me to check back in the
text to find my answer. I
have improved and now
it's not hard anymore.

everyone
CAN
learn!



my
BRAIN
is like a
MUSCLE
that
GROWS

MISTAKES
are
opportunities
for
LEARNING

CHALLENGES
make me
STRONGER

FEEDBACK
helps me
IMPROVE

we
RISE
by
lifting

Robert Ingersoll

GOAL
without a
PLAN
is just a
WISH

choice is
GROWTH
mind

GRIT
is
born
REFUSAL
to
QUIT

I CAN
and
I WILL
watch me

10 motivational
quote coloring
pages

WITH PRACTICE I CAN DO HARD THINGS



What does someone with a growth mindset believe compared to someone with a fixed mindset?

IF IT DOESN'T CHALLENGE ME, IT WON'T CHANGE ME!



How can an obstacle really be an opportunity for you? What do you need to remember when faced with obstacles?

• NEUROPLASTICITY •
WHEN I LEARN SOMETHING NEW I CREATE NEW,
STRONGER PATHWAYS BETWEEN NEURONS



What is something that used to be difficult for

you that isn't anymore? How did you

A GOAL SHOULD SCARE YOU A LITTLE,
& EXCITE YOU A LOT.

—JOE VITALE



What is a goal you plan to accomplish in the year? Explain what steps you will take to achieve it.

I WON'T GIVE UP UNTIL I'M PROUD!



How does goal setting help you improve?

Tell about a goal you accomplished this year that makes you the most proud.

I AM A VALUED MEMBER OF MY
LEARNING COMMUNITY



When I struggled this year, my Teacher

FEEDBACK IS A GIFT —ACCEPT IT!



Is this feedback helpful? "You did your best, but it's just not good enough." How could you change this feedback to help someone improve?

DON'T LET YOUR FIXED MINDSET SABOTAGE
YOUR THOUGHTS. IF IT APPEARS IN THE
FUTURE, WHAT WILL YOU SAY?



Write a letter from your future self to your present self. Explain how you will be amazing!

When my friends struggled this year I

EVERY WORTHWHILE ACCOMPLISHMENT, NO MATTER HOW
LITTLE, HAS ITS STAGES: A BEGINNING, A MIDDLE, AND AN END.
TRIUMPH: A BEGINNING, A MIDDLE, AND AN END. MAHA

What do you have to do with

Describe a time when you showed evidence of grit.



DO NOT JUDGE ME BY MY SUCCESSES,
JUDGE ME BY HOW MANY TIMES I FELL
DOWN AND GOT BACK UP AGAIN.

—NELSON MANDELA



Explain how mistakes can actually help you achieve more? What do you need to do if you make a mistake?

Tell about a mistake you learned from this year.



10 journaling pages