

SELF-GROWTH MINDSET

1. What is something I currently believe I am “just not good at,” and what evidence challenges that belief?
2. When I make a mistake, do I see it as information or as proof that I am incapable?
3. What failure am I still afraid of, and what am I assuming that failure would say about me?
4. What is one recent mistake I can examine without turning it into a judgment about my character?
5. Where have I improved through practice, even though I wasn't naturally good at something at first?
6. What kind of feedback makes me defensive, and what useful information might be hidden inside it?
7. What would I attempt if I believed my abilities could grow with time and effort?
8. What self-doubting thought has been holding me back, and how could I reframe it more realistically?
9. Where am I expecting immediate results from something that naturally requires patience?
10. What challenge could I approach as an opportunity to learn rather than a test of my worth?

