



# ADOPTING A GROWTH MINDSET



REFLECTION QUESTIONS

## About this e-booklet

This e-booklet provides some reflection questions which we hope will guide you in adopting a growth mindset.

You may save a copy of this e-booklet and open it with the Adobe Acrobat Reader App to type your reflections.

Note: sometimes in reflecting, we may experience some levels of distress. Pause and take a break if it gets overwhelming. You may also approach EBSC through the 24/7 counselling helpline.



SCDF Counselling Helpline  
1800-286-6666

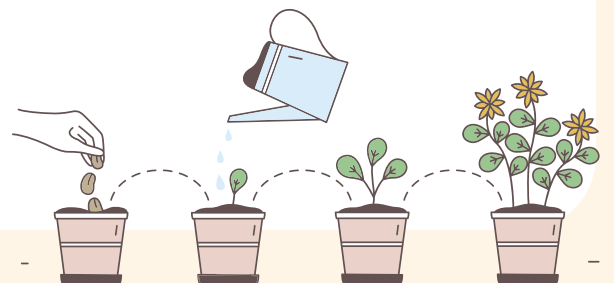
What is something you would like to work on improving?




What makes this an important thing for you to work on?



Looking back to when you first started out, how have you grown?



Sometimes despite our best efforts, we may face situations where our fixed mindset beliefs are triggered.



"I'm just not talented at this, trying would not change anything"



"I'll never be good at this"

For example, it is normal to feel discouraged when we face failures or criticisms from others.

What are some unhelpful thoughts you might have, or have observed yourself to have in such situations?

What are some things you would say to encourage yourself in such situations?

***I can,  
just  
not yet***



*believe in y♥urself*

Moving forward, what would you do to work on your goals?



What would help you in achieving your goals?







**Brought to you by the  
Emergency Behavioural Sciences & CARE (EBSC) Unit**

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