



Growth Mindset Narrative Exercise

1. Core Challenge

What is most challenging about this situation?

What is at stake?

What are you experiencing emotionally as you think about this situation?



2. Qualities Needed

What skills are most important in this challenge?

What qualities will you need to demonstrate well?



3. History of Quality

What are some “peak” experiences with these qualities?

How have you demonstrated growth in these qualities over time?

When were you first tested with these qualities?



4. Telling the Story

Reflect on the journey of development of these qualities from the beginning to now.



5. Impact of Your Story

What are you experiencing as you hear this played back for you?

How has the past prepared you for this challenge?

What are you learning about who you are and the challenge you are facing?

