

WHAT WENT WELL

Growth Mindset Reflection



At the end of each week (Fridays are great), take 5 minutes to do "The Triple Dub" reflection! You can do it solo OR share with co-workers, your team, or your family. Make sure to put it on your calendar or set a reminder. Use the below prompts/worksheet (see examples on p.2).

1 Reflect on the past week and ask yourself "WHAT WENT WELL?" List three things:

Read the list out loud and pause to appreciate/celebrate each one.

2 Next, write down one challenge or setback that you faced:

3 How might you REFRAME this challenge/setback? Did it help you learn something or grow? What opportunities might open up because of it?



Example

1 Reflect on the past week and ask yourself "WHAT WENT WELL?" List three things:

Made big strides on website project; found creative solution for "About" page!

Enjoyed a delicious lunch at a favorite restaurant (didn't multitask + really savored it!)

Had great team meeting on Tuesday - felt collaborative and connecting.

Read the list out loud and pause to appreciate/celebrate each one.

2 Next, write down one challenge or setback that you faced:

Computer crashed on Wednesday in the middle of important project

3 How might you REFRAME this challenge/setback? Did it help you learn something or grow? What opportunities might open up because of it?

Opportunity for my very own Office Space moment!! ;) Kidding!

Got to meet our tech support person for the first time (super nice + helpful) - found out we both

have 2-year olds; I had to re-do the work I lost on my project, but the second version turned out even

better; got a new keyboard installed with the software fix, so my "e" doesn't stick anymore! Also helped

me feel grateful for the crazy amt of work my computer does and rarely crashes.