

1. FAILURES ARE OPPORTUNITIES FOR LEARNING

Think about three failures you experienced in the last year. What did you learn?

Example:

Failure: *I got a really low grade in math class the first part of last year.*

A Lesson I learned: *I went to extra help during my lunch hour and did practice problems for homework every night and by the end of the year my mark went up by a whole grade.*

It made me better because: *I wasn't really trying in math and was just thinking that I wasn't good at it. But, once I worked really hard I showed myself that I could be good at math.*

1. Failure:

A lesson I learned:

It made me better because:

2. Failure:

A lesson I learned:

It made me better because:

Repeat this practice of reflecting on challenges each week and see how your ability to learn and grow from failure improves.