



Growth Mindset Journal

For the week that did not go to plan

A weekly reflection journal that replaces fixed self-judgements with practical next steps.

HOW TO USE THIS PACK

- Use it when it helps - weekly is plenty.
- Nobody else needs to read it unless you choose to share.
- Skip prompts that feel unhelpful.

THIS PACK BELONGS TO

Name

Date started



Swap the Thought

Instead of 'I'm rubbish at this', what is one next step?

Instead of 'This is too hard', what would make it 10% easier?

What might someone else have practised that I cannot see?

What did a mistake show me?

Who could I ask one specific question?



This Week's Reflection

One thing that went better than expected

One thing I found hard

What I did when it got hard

Who could help me next time

One small step for next week

Something I am proud of that nobody noticed



Balance Tracker

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Revision / Practice	☐	☐	☐	☐	☐	☐	☐
Moved My Body	☐	☐	☐	☐	☐	☐	☐
Asked for Help	☐	☐	☐	☐	☐	☐	☐
Did Something Kind	☐	☐	☐	☐	☐	☐	☐
Took a Screen Break	☐	☐	☐	☐	☐	☐	☐