

# Reflecting on Developmental Experiences through a Growth Mindset

Before you begin, take a moment to look at the Growth Mindset image. Use it as a guide to reflect on how a growth mindset can transform each experience into a learning opportunity. Keep this perspective in mind as you answer the questions.

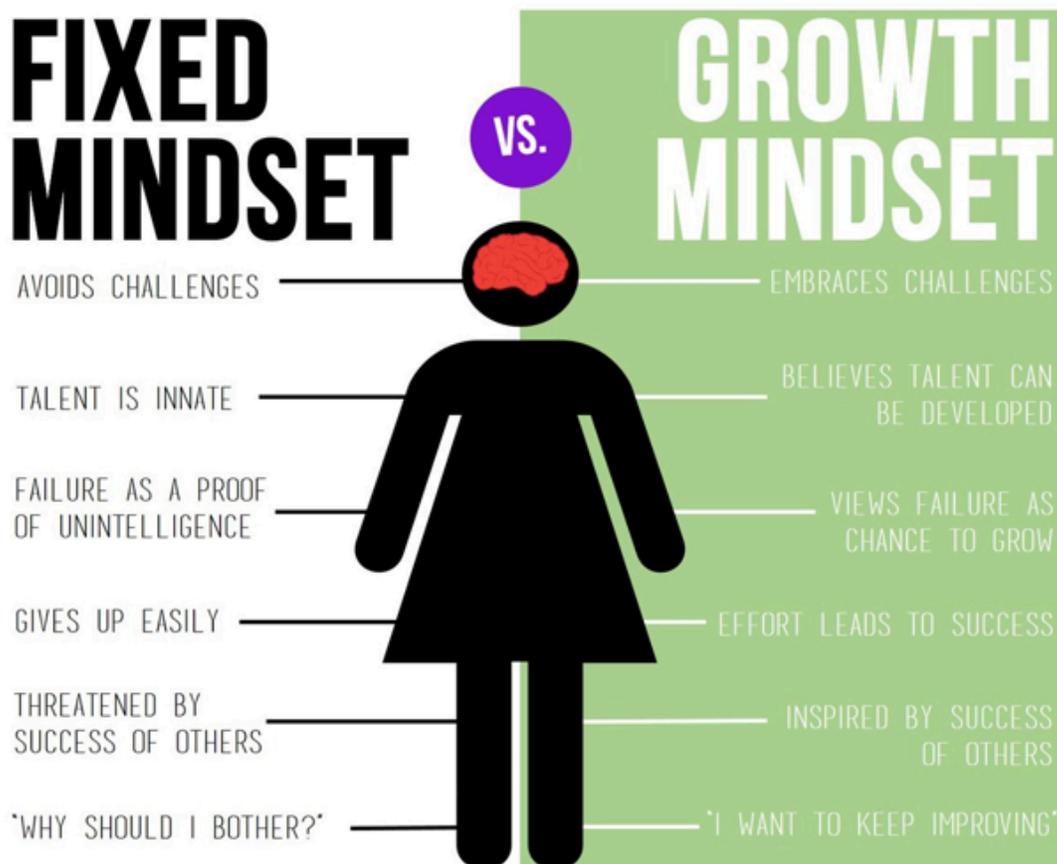
\* Indicates required question

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## 1. Email \*

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Review the provided image that contrasts a fixed mindset with a growth mindset, then answer the following questions.



2. **Challenging Assignments:** \*

Describe a task or project that pushed you out of your comfort zone. What did you learn from this experience?

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3. **Developmental Relationships:** \*

Think of a mentor or peer who has significantly influenced your growth. How did their support help you develop as a leader?

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4. **Coursework and Training:** \*

Reflect on a formal learning opportunity (like a workshop or course) that expanded your skills or knowledge. How did applying a growth mindset help you make the most of this experience?

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5. **Personal Experiences:** \*

Identify a personal experience, such as a role in your family or community, that expanded your skills or knowledge. How did applying a growth mindset help you make the most of this experience?

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6. **Hardships:** \*

Recall a significant challenge or hardship you've faced. How did this experience build your resilience, and how can adopting a growth mindset help you in future challenges?

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