

10 GROWTH MINDSET QUESTIONS

TO ASK YOUR KIDS AT THE DINNER TABLE

1. What did you do today that made you exercise your brain?
2. What challenge or problem have you worked on today?
3. Can you share something new you tried today?
4. Was there anything that made you feel stuck today?
Great, what other ways might be there to improve this?
5. What did you learn today outside of school?
6. Can you think of a mistake you made today? Great, how can you use this mistake to do better next time?
7. Is there anything you are struggling with? Excellent, what new strategies can you try?
8. Can you think of something you could have done better today? Great, who can you seek advice from to make it better?
9. What would you like to become better at?
10. Did you do anything today that was easy for you? How can you make this more challenging?

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