

My Amazing Brain

Circle one to two things you feel you're not good at or would like to get better at... or add your own:

Singing	Playing a musical instrument	Learning a language	Swimming	Playing sport
Public speaking	Maths	Art	Something else:	

It can be easy to feel like there are things we're just good at or not good at, but that's not true! We can learn, gain skills and get better at just about anything. Having a growth mindset is about believing we can improve and sticking at it.

What is one skill or activity others think you're good at?

What steps did you take to get good at this? Did it happen straight away?

What is a skill you'd like to learn or improve?

SMART goals are Specific, Measurable, Achievable, Realistic and Timely.

Write a SMART goal for something you'd like to achieve in the next six months?

Who can you ask for tips and support?

What are some small steps you can take along the way?

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

How will you know you've achieved your goal?
