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Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

2025-1-DE02-KA210-VET-000359232

PSL Programme — Personal, Social and Learning-to-Learn Competences

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D. Downloadable Worksheet

Growth Mindset Reflection Worksheet

Reflection Questions

1. What personal strengths are you proud of?
2. What situations make you feel less confident?
3. How do you usually respond to mistakes or challenges?
4. What goals would you like to achieve?
5. What motivates you to continue learning and growing?

Practical Reflection

Think about a challenge you overcame.

Reflect on:

- what helped you continue,
- what you learned,
- and how the experience strengthened confidence or resilience.

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