



## CHECKLIST

# How Do You Think about Failures?

Below are seven pairs of statements and how you think about failures and mistakes. Pick the one in each pair that best matches your views most of the time.\*

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|--|---|
| <input type="checkbox"/> Successes and failures are rewards and punishments.                       | <input type="checkbox"/> Successes and failures are information to learn from.                      |
| <input type="checkbox"/> When you complete a task, you focus on what didn't work or go as planned. | <input type="checkbox"/> When you finish a task, you focus on what you achieved.                    |
| <input type="checkbox"/> When you don't meet expectations, you give up.                            | <input type="checkbox"/> When you don't meet expectations, you come up with a plan for next time.   |
| <input type="checkbox"/> There's something wrong with you when you fail.                           | <input type="checkbox"/> There can be lots of reasons we fail, and some are beyond our control.     |
| <input type="checkbox"/> When you fail, you conclude: "I'm no good at this. Why bother?"           | <input type="checkbox"/> When you fail, you conclude: "That didn't work. I want to figure out why." |
| <input type="checkbox"/> If I make a mistake, people will think less of me.                        | <input type="checkbox"/> If I make a mistake, people will be understanding.                         |
| <input type="checkbox"/> Even when I do something carefully, I worry that it isn't right.          | <input type="checkbox"/> When I do something carefully, I am usually satisfied with my effort.      |

\* This checklist is a discussion starter, not a formal assessment.

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