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.*

___ Successes and failures are rewards and punishments. ___ Successes and failures are information to learn from.

___ When you complete a task, you focus on what didn’t work or go as planned. ___ When you finish a task, you focus on what you achieved.

___ When you don’t meet expectations, you give up. ___ When you don’t meet expectations, you come up with a plan for next time.

___ There’s something wrong with you when you fail. ___ There can be lots of reasons we fail, and some are beyond our control.

___ When you fail, you conclude: “I’m no good at this. Why bother?” ___ When you fail, you conclude: “That didn’t work. I want to figure out why.”

___ If I make a mistake, people will think less of me. ___ If I make a mistake, people will be understanding.

___ Even when I do something carefully, I worry that it isn’t right. ___ 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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