

## GROWTH RESPONSE SELF-STUDY

Select a PERIOD OF TIME that  
you will focus on: \_\_\_\_\_

Part A) Rate your performance on the following:

**1 = POOR**

**10 = OPTIMAL**

1) ... embracing challenges as opportunities to push and stretch myself, not giving up or making excuses.

1      2      3      4      5      6      7      8      9      10

2) ... framing setbacks or failures as opportunities to learn, grow, and improve — focusing on what I can do better or differently to improve performance.

1      2      3      4      5      6      7      8      9      10

3) ... finding ways to continue development in my areas of weakness, looking for new opportunities.

1      2      3      4      5      6      7      8      9      10

4) ... not worrying about perfection or what others think of me; focusing on best ways to realize my full potential.

1      2      3      4      5      6      7      8      9      10

5) ... being open to constructive feedback; actively seeking the help of others to improve my performance and confidence in success.

1      2      3      4      5      6      7      8      9      10

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Part B) List what you could do **BETTER or DIFFERENTLY** in the future for more optimal **growth response**: