

## Figure 2.2: Reflecting on the Value of Growth

To complete this activity, choose from one of the following options and use the prompts for reflection.

Option 1: Think back to a time when you were required to learn something new that you did not feel competent doing or that you did not think you would be capable of doing. Try to think of something that was very difficult, something that made you feel totally out of your element. Some examples might be your first job, being a first-time parent, being a first-year teacher, and so on.

Option 2: Remember a time you were required to learn something new and you failed at it. (This could have been a group activity or an individual new skill you were learning.)

- Describe what it was you had to learn and why you had to learn it.
- What did you think (about yourself, about the activity, about the person requiring you to do it)?
- How did you feel (about yourself, about the activity, about the person requiring you to do it)?

- Visualize yourself back at that time. What did your body feel like during this experience?
- If you shut down, what did that look like and feel like?
- How did someone in a position of authority over you respond during the experience? Did they reprimand you, support and guide you through it, or respond in some other way?
- How did the manner in which others responded to you influence how you felt about yourself and your willingness to engage in that activity again?