

Reflecting on Our Scripts

Remember a time when you had a self-limiting script about your ability to succeed at something (related to school or life).

- What was that belief?
- How did that belief impact how you approached doing that thing?
- Did other people in your life help you succeed when you didn't think you could? What did they do that helped you?
- How might you support your students who don't think they can succeed in a similar way?