

Growth Mindset + Metacognition Journal Template

1. My Learning Goal for Today/This Week

What do I want to learn, improve, or accomplish?

2. My Plan

☐ I will read/watch/explore: _____

☐ I will practice by: _____

☐ I will ask for help from: _____

3. How Am I Doing So Far?

What's working well? What feels confusing? What can I try differently?

4. My Effort Check

Did I try my best today? (Check one)

☐ Not really ☐ A little ☐ Pretty hard ☐ I gave my best effort!

Explain your answer:

5. What I Learned or Improved

Growth Mindset + Metacognition Journal Template

6. What I'll Do Differently Next Time

A different strategy I can try is: _____

I need more practice with: _____

7. One Thing I'm Proud Of
