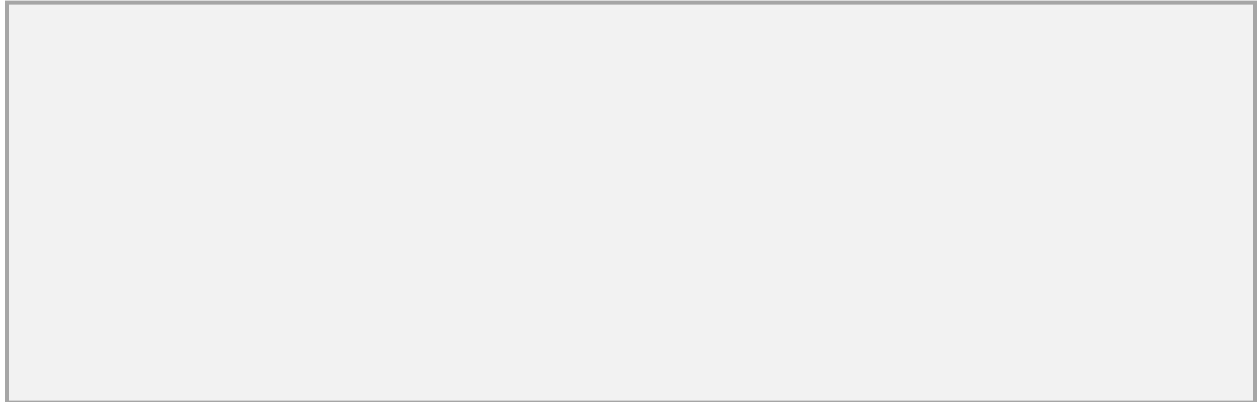# Celebrating Mistakes Reflection Sheet

Key Concept: Mistakes literally, 'neurobiologically' grow your brain. If you are doing something well, you are simply just using neural pathway you've already built.

Reflection Question #1

When you share your success stories with others, do you leave anything out about the work, the mistakes and trial/error it took you to have that success? Why or why not?

Reflection Question #2

What's an example of a time you made mistakes and those mistakes turned out to help you learn something you might not have if you hadn't had that obstacle/challenge?