Gr. 9 Grit Launch Lesson Failure = Success Extension Activity

| Name | | | | |
|------|--|-------------------------------|--------------------------------------|----|
| | Believe it or not, but failures and mistake often this happens to you. | es are experienced every day. | The purpose of this activity is to b | ıе |

For the next week, keep track of the times that you attempted to reach a goal, but either made a mistake along the way or simply failed. The goal can be <u>anything</u>; as long as you were aiming for something and <u>didn't</u> succeed (e.g., forgetting to do a homework assignment; walking across the street and tripping, etc.). Try to record the experience as soon as you can (so it stays fresh in your mind). You must have one entry per day for the next week or so.

| Date | My Goal Was | What Mistake Did I Make (or, How Did I Fail)? | What Did I Do Next? |
|--------|--|---|---|
| Jan. 7 | To buy a candy bar at the cafeteria | I did not have enough change | Walked away slightly annoyed at myself |
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