

Worksheet: Try, Laugh, Keep Going

The Power of Play - Week 3: 5-18-26

Purpose: To help you become more comfortable trying new things without the pressure of perfection.

1. Reflect on Your “Beginner” Mindset

What is something you’ve avoided trying because you were afraid of not being good at it?

What would happen if you let yourself be a beginner instead?

2. Remember a Time You Kept Going

Think of a time something didn’t go perfectly, but you kept going anyway.

What happened?

What did you learn from that experience?

3. Practice Lightness

What is one area of your life where you could be less serious and more playful?

How might that change your confidence?

4. Your Courage Reminder

Finish this sentence:

“I don’t have to be perfect to _____.”