

GROWTH MINDSET

WEEK ONE:

- Set a small goal today and achieve it
- Write down your strengths
- Discuss what growth mindset means
- Create a reward chart for effort
- Try something new - your choice on how big
- Design a coping list for facing challenge
- Share a recent success

WEEK TWO

- Share a positive affirmation
- Write a story about growth mindset
- Learn 3 new words
- Plan how to improve a skill
- Do something fun to recharge
- Practice a skill for 10 minutes
- Discuss the power of "yet"

WEEK THREE

- Create a growth mindset play and film it!
- Encourage a family member to try
- Share a challenge you overcame
- Learn a phrase in a different language
- List 5 things you'd like to try
- Draw a picture of you reaching your goal
- Write down today's accomplishment

WEEK FOUR

- Discuss life if we stop trying
- Share 3 affirmations to keep trying
- Treat yourself to something nice
- Practice 5 minutes of mindfulness
- Talk about a role model's perseverance
- Write a poem about growth mindset
- Celebrate! Choose your next monthly mission.

Write your affirmations here

