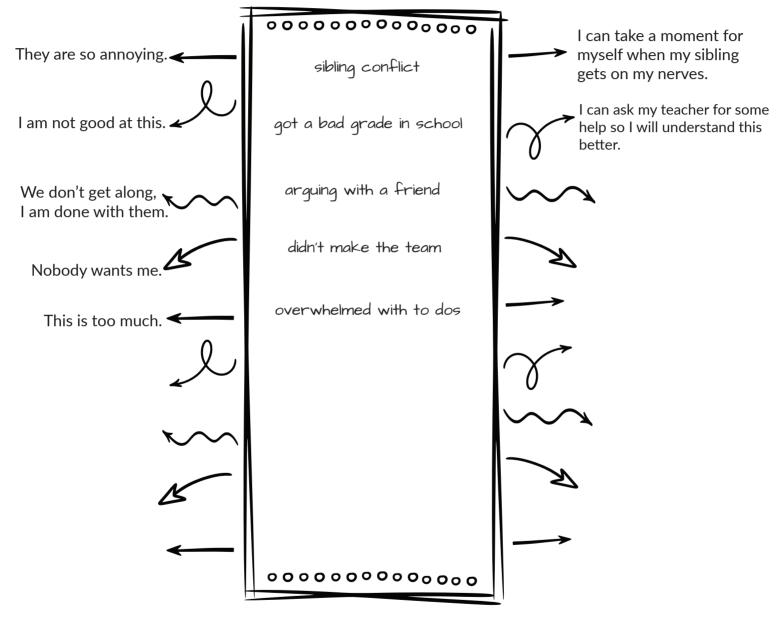
Having a Growth Mindset

Below you will find some situations and thoughts. Negative thoughts can be challenged with a growth mindset. Having a growth mindset empowers you to see how things can change and helps you to find a way to make things better. Take time to write some of your own solutions, then use the space below to write out real life thoughts and situations that you are experiencing.



No matter what your situation is, you can grow and change. You can make positive choices and decisions. Each time you find a way to challenge your negative thoughts, it is a step in the right direction. Remember to give yourself credit for the work you are doing to have a growth mindset.

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