

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.

The diagram consists of a central rectangular box with a dotted border. Inside the box, the following text is written from top to bottom: "sibling conflict", "got a bad grade in school", "arguing with a friend", "didn't make the team", and "overwhelmed with to dos".

On the left side of the box, five negative thoughts are listed, each with a hand-drawn arrow pointing towards the box:

- "They are so annoying."
- "I am not good at this."
- "We don't get along, I am done with them."
- "Nobody wants me."
- "This is too much."

On the right side of the box, five positive solutions are listed, each with a hand-drawn arrow pointing away from the box:

- "I can take a moment for myself when my sibling gets on my nerves."
- "I can ask my teacher for some help so I will understand this better."
- (An empty space with a wavy arrow pointing right)
- (An empty space with a curved arrow pointing right)
- (An empty space with a straight arrow pointing right)

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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