

Challenge Reframe



When we change the way we think about challenges,
we change the way we grow

Instead of a Fixed Mindset Thought....

I give up / I can't / I'm not good at this

Try a Growth Mindset Reframe....

I learn / I keep trying / I can improve

This is too hard →	
I'm just not good at this →	
I made a mistake →	
I'll never be as smart as they are →	
I give up →	

Reflect & Learn



Take time to reflect on a recent challenge

What was a challenge I faced ?

How did I feel at the time?

What did I do and what did I learn?

What will I do differently next time?



Every challenge is a chance to become a stronger, wiser version of yourself

Daily Growth Habits



Small habits, big growth

Today's I will ...



My Growth Mindset Promise

Try something challenging

☐

Put in my best effort

☐

Learn from feedback

☐

Keep a positive attitude

☐

Celebrate small progress

☐

Be Kind to myself

☐

I promise to ...

Because I believe ...



Remember: Progress, not perfection