

## How to Build a Growth Mindset

### 1. REFLECTION JOURNALING

#### Activity

Write about challenges or setbacks you've faced recently. Reflect on how you handled them and identify lessons learned or skills gained.



#### Goal

Reframe challenges as opportunities for growth and recognize how effort leads to improvement.

### 2. YET EXERCISE

#### Activity

When you catch yourself saying "I can't do this," add the word "yet." For example, "I can't solve this problem...yet."



#### Goal

Shift your perspective to emphasize possibility and potential growth.

### 3. STRETCH ASSIGNMENT

#### Activity

Volunteer for a task or project that pushes you out of your comfort zone.



#### Goal

Embrace challenges and use them as a way to develop new skills and resilience.

### 4. REFRAME YOUR DAY

#### Activity

At the end of each day, write down three things that went wrong and how they contributed to your growth or learning.



#### Goal

Practice reframing setbacks as valuable experiences.