



## GROWTH MINDSET JOURNAL #1

Name: \_\_\_\_\_

Read about growth mindset. Then, write a response after the prompt.

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### **GROWTH MINDSET** /noun/

A belief that abilities are developed through dedication and hard work; raw talent and common knowledge are just starting points.

Growth mindset begins when you make the choice to embrace challenges and work to create solutions that will lead to personal development.

Learning is a challenge. It requires you to make mistakes, learn, and then find a better way forward. It's important that you learn how to fail fast, regroup, and then try again using everything you've learned along the way.

### *WRITING PROMPT*

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In your own words, what does the phrase *embrace challenges* mean to you? What does it look like to embrace a challenge?

What do you think the phrase *fail fast* means? How does it apply to growth mindset?



## GROWTH MINDSET JOURNAL #2

Name: \_\_\_\_\_

Read about growth mindset. Then, write a response after the prompt.

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### **COACHABLE** /adjective/

Ready and capable of being taught and trained to do something better.

Constructive feedback builds true greatness. Without honest feedback, growth mindset is impossible. Be coachable!

What does a coachable person look like? A coachable person works hard in practice because they know that's where winning happens. They listen, learn and apply constructive feedback without making excuses. In fact, they seek out feedback from many sources and thrive in applying it as soon as possible.

### *WRITING PROMPT* \_\_\_\_\_

What are two things about you that make you coachable?

What is one thing that you can do right away to become more coachable?



## GROWTH MINDSET JOURNAL #3

Name: \_\_\_\_\_

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### **OBSTACLE** /noun/

Something that blocks the way. Something that slows or stops progress.

Growth-minded individuals see obstacles as springboards for creativity, problem solving, and accelerated development.

As you strive to push through an obstacle, your mental and physical abilities are challenged and extended. *You rise to the challenge.*

### *WRITING PROMPT*

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In your own words, what does the phrase *rise to the challenge* mean to you? What does it look like to rise to the challenge?

What are some things that might motivate and inspire someone to rise to the challenge?



## GROWTH MINDSET JOURNAL #4

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Read about growth mindset. Then, write a response after the prompt.

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### **PROGRESS** /noun/

Forward movement toward a goal.

Progress happens because you make the choice to stick with it. Sticking with it requires enthusiasm, courage, and grit.

Growth mindset is the foundation of enthusiasm, courage, and grit. It's the cheerleader in your head telling you that your effort will pay off. The long hours of studying, practicing, working, trying, failing, and then trying again will all pay off when you need it most. Growth mindset is the long game.

### *WRITING PROMPT* \_\_\_\_\_

Think of a time when you worked hard to achieve a goal and stuck with it through challenges and obstacles. What motivated you to stick with it? What was your inspiration?

How did it feel to reach your goal? How did you celebrate your success?