

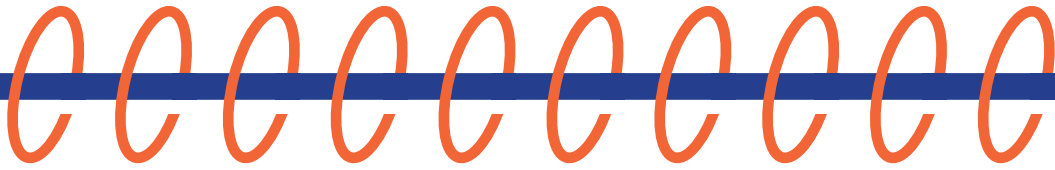
Liberate your Mind!

Mindset Journal

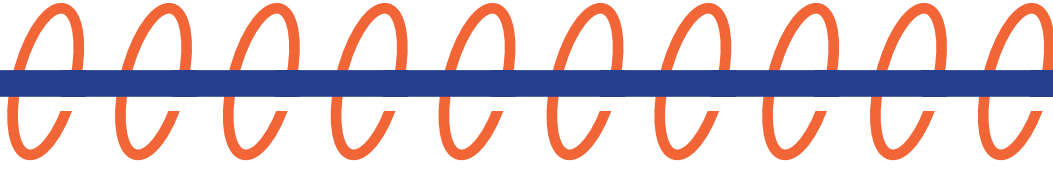
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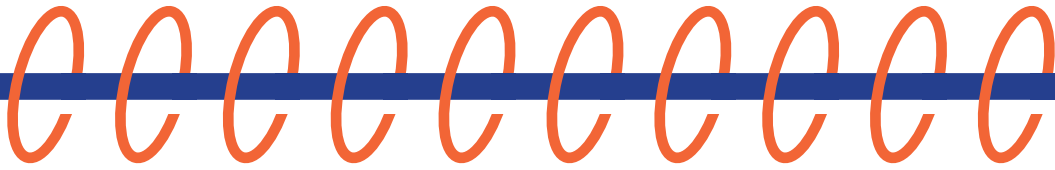
Why is having a growth mindset important for you?
Think about how it helps you keep trying, even
when things are tough.



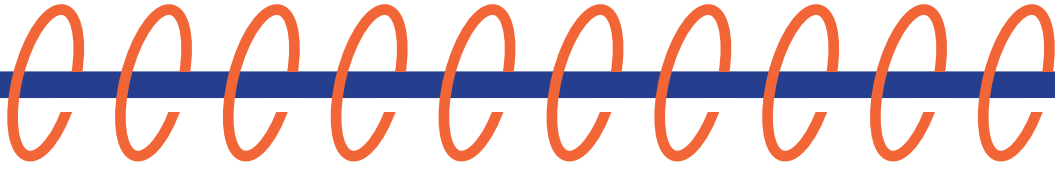
What are some things that you're working on that feel hard? Write them down and track your progress.



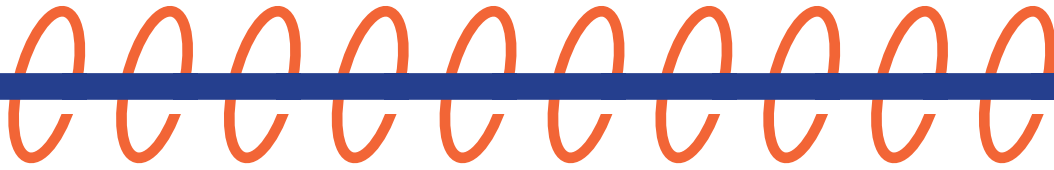
How can you respond in a positive way when you make a mistake? Write down what you can say to yourself when things don't go as planned.



What are some helpful strategies you can use to overcome challenges? Keep track of ways that help you solve problems.



Write a mindset statement that can encourage you in the future when dealing with challenges



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