



Bright Futures
Counseling

STUDENT JOURNAL

WORK
HARD

'S

GROWTH

MINDSET

JOURNAL

JOURNAL #1

What are three fixed mindset phrases you used to say? Replace them with a growth mindset phrase.

FIXED MINDSET

1. _____

2. _____

3. _____

GROWTH MINDSET

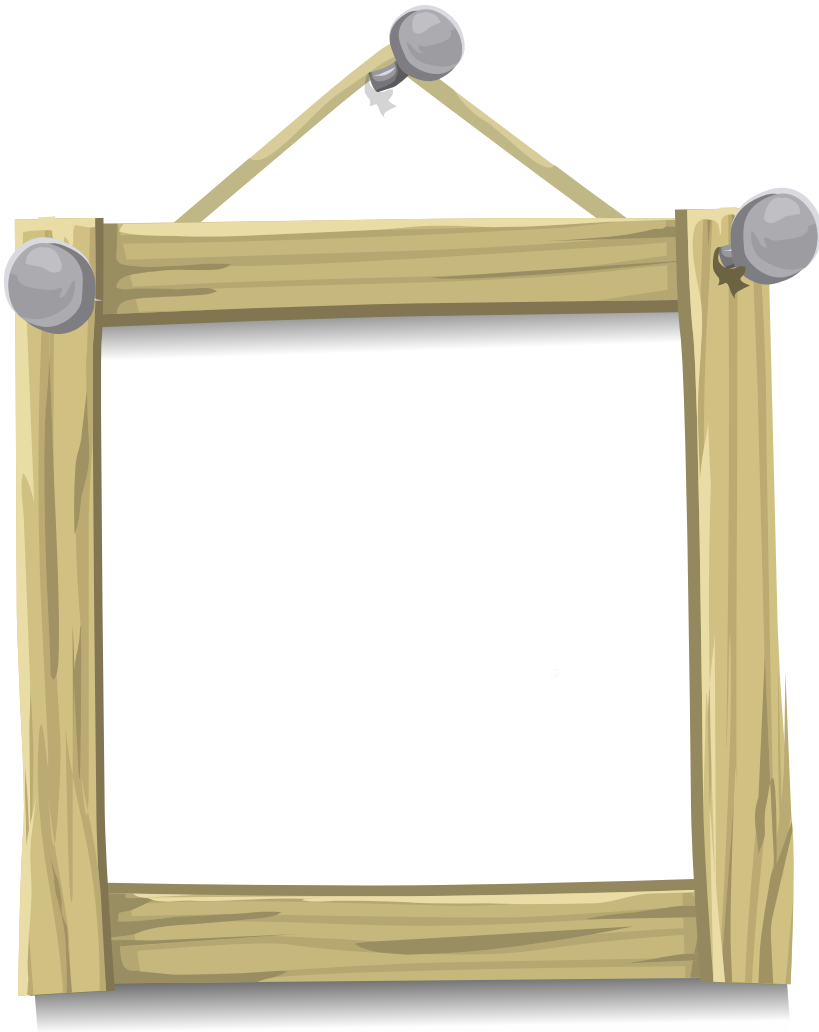
1. _____

2. _____

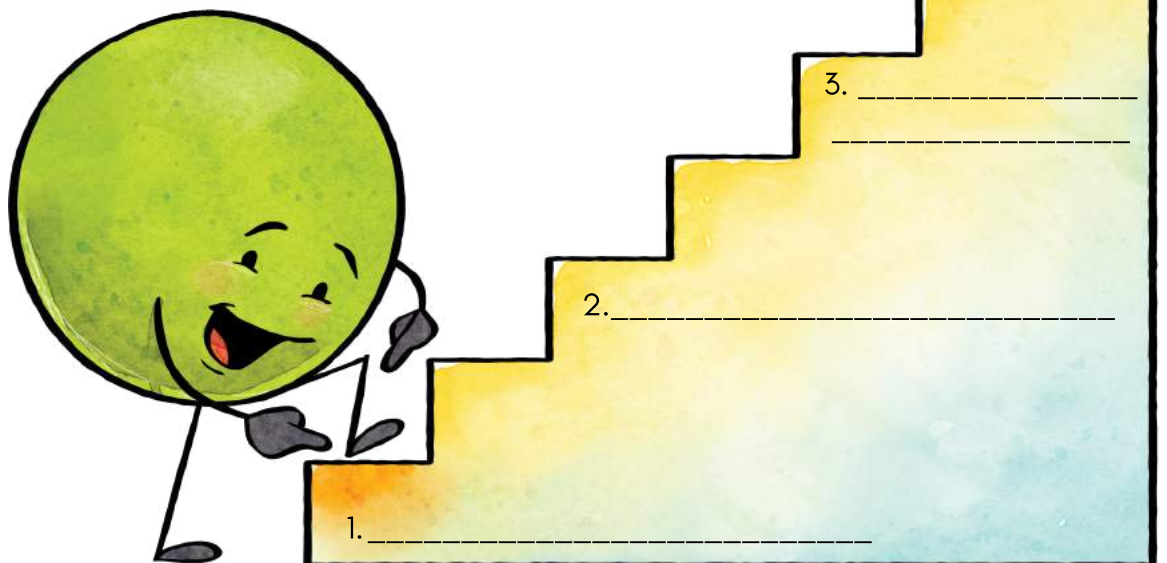
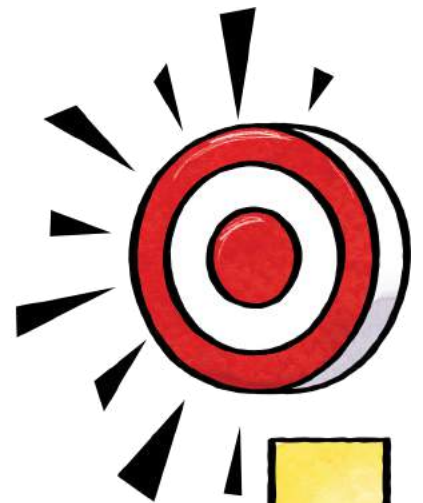
3. _____



JOURNAL #2




What is something you'd like to learn how to do? Draw a picture of what you'd like to learn and then write three steps for how you could accomplish that goal.



JOURNAL #3

Having a growth mindset is similar to climbing a mountain. Even though each step may be difficult, it feels so good to reach your goal!

Directions: Think about an area of your life that you need to have more of a growth mindset and answer the questions below.



4. The next mountain I will climb is...
OR
My next goal is:

3. I will learn from my setback or mistake by:

2. A setback I may encounter
OR
A mistake I might make is:

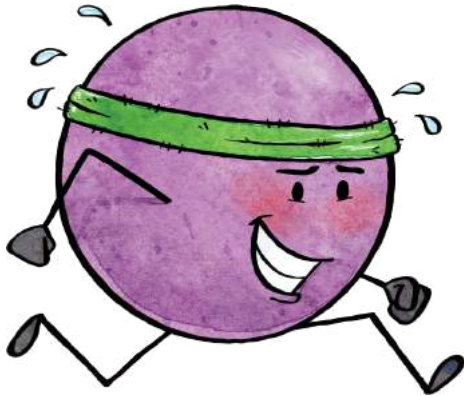
1. I will have more of a growth mindset when/during:

NEVER STOP CLIMBING

JOURNAL #5

Our brain is a muscle. How will you exercise your brain so that it continues to grow?

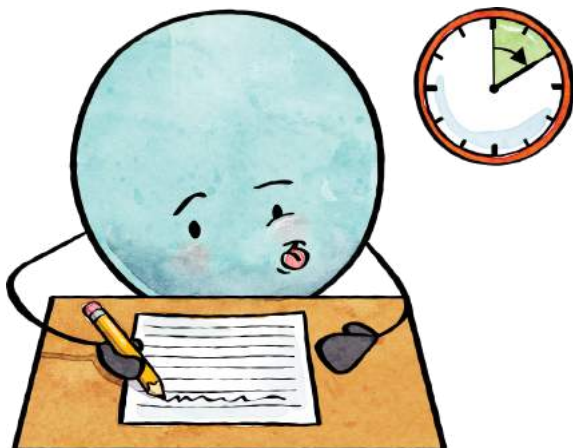
Write three ways that you will exercise your brain muscles on the lines below.



1. _____



2. _____



3. _____
