

34 — Growth Mindset

3-5 Minute Journal

Prompt Cards

Print and laminate for repeated use.



OVERCAME

a

struggle

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THANKFUL

times

two

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OVERCAME

this

challenge

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LEARNED

from a

mistake

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Persistence

paid

off

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I won't

do that

again

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STEPPED

out of my

Comfort zone

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P **AID**

IT

forward

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BELIEVED

then

achieved

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THOUGHT

positive

AND....

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Replaced

a negative

thought by

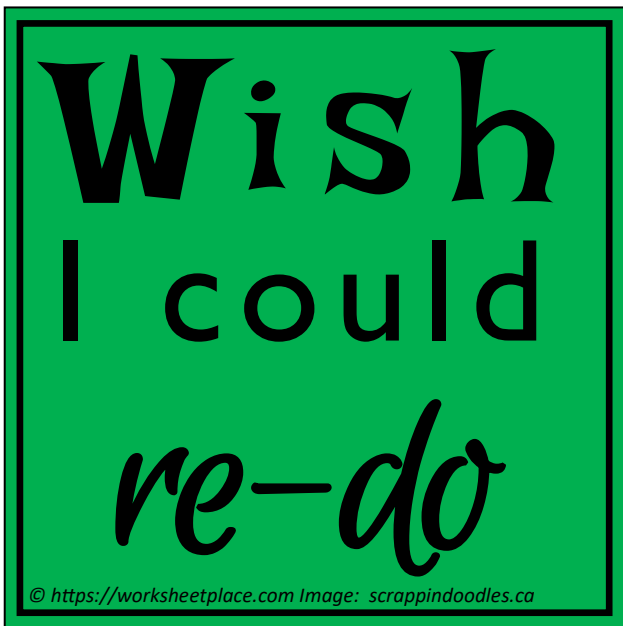
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MADE

an

Impact

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S m a l l
g e s t u r e

BIG

d i f f e r e n c e

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FILLED

a

B u c k e t

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PATIENCE

was

my friend

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TODAY

was amazing

because

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My

“ah ha”

moment

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I wont

do that

again

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it took
COURAGE
to

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Let
it
Go!

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A
question
I HAVE

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TRIED
something
NEW

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Overcame
an uneasy
feeling

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Confronted
A
FEAR

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