

# 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*

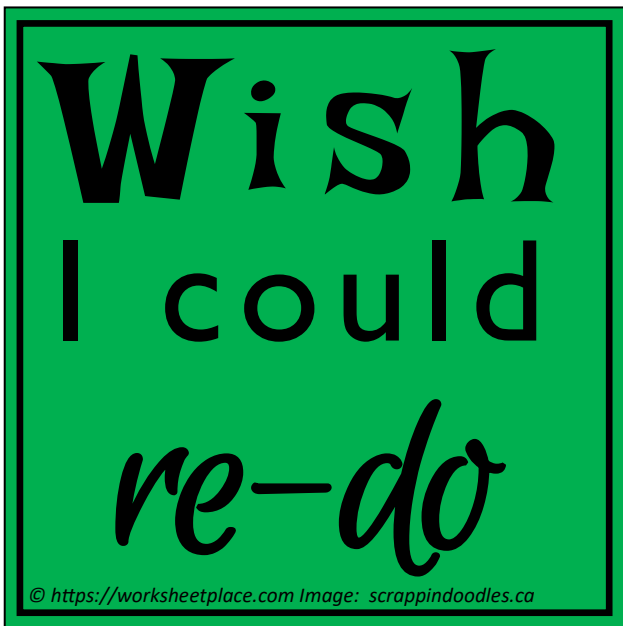
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**MADE**

*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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