**This week I might try:**

***To develop a Growth Mindset***

**I’ll try to remember that I can challenge my brain to help it grow. I can turn negative thoughts into positive ones and have a CAN DO attitude.**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **I can develop a Growth Mindset if I:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **1. Pay attention to self-talk** |  |  |  |  |  |
| **2. Be open to learning** |  |  |  |  |  |
| **3. Recognize my strengths** |  |  |  |  |  |
| **4. Welcome challenges and**  **embrace feedback** |  |  |  |  |  |
| **5. Track my progress** |  |  |  |  |  |
| **6. Believe in myself** |  |  |  |  |  |

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