**What’s Happening Today?**

**Let’s Talk About Growth Mindset**

* **We all feel frustrated or discouraged sometimes**
* **We can keep feeling that way OR we can switch to a Growth Mindset**
* **What is a Growth Mindset?**
* **Different ways to challenge ourselves**
* **We can turn negative thoughts into positive ones**
* **6 steps to developing a Growth Mindset**
* **So what do YOU think?**
* **Get your magnet!**