



A Personal Growth Mindset

- I am the architect of my life. It is up to me to build it.
- The more I learn, the stronger I am and the better I will be able to succeed and thrive in life.
- Continuous personal growth is very desirable.
- I love to explore ideas and learn new things.
- Change can be hard, but I can do it if I choose to. I use strategies to overcome procrastination and work toward my goals.
- Work is not a four letter word. Meaningful work is awesome.
- I am worthy of love and belonging. My worthiness is not attached to things or accomplishments, no matter how awesome (or not) they are.
- Mistakes are opportunities to learn. I am not my mistakes or my accomplishments. I am me, and I am loved.
- Learning and growing is a fun adventure. I continue to grow and learn always.
- I am resilient: I bounce back when faced with adversity.
- I have grit: I work hard for the things I believe in, and I persist in pursuing them no matter what happens.
- I build the skills I need to overcome hardships.
- I am creative and use my imagination to solve problems.
- I read books and articles that spark ideas.
- I follow the practices that studies show will increase well-being.