

Building Resilience - Mindset

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

Adopt A Growth Mindset

Our mindset determines our fate. A growth mindset keeps us pushing forward in life, while a fixed mindset will lead us to give up when times seem tough.

Instructions:

For best results, read through the entire challenge checklist before you begin, and then pencil in each item on your ALD planner for the month. Put a check by each action as you complete them.

Materials you will need: Pencil and paper or journal or your phone's notepad. If you can, print this sheet and add it to your ALD Action Planner.

Goal: Your goal is to recognize your own mindset and adopt a growth mindset. Complete this within 24 hours.

Start date _____

Completion date _____

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|--------------------------|--|---|
| <input type="checkbox"/> | 1. Understand Mindset | Action: Watch John Spencer's <u>quick video explaining Mindset</u> |
| <input type="checkbox"/> | 2. Check Your Mindset | Action: Take this <u>Mindset quiz</u> , provided by the London Academy. its quick |
| <input type="checkbox"/> | 3. Learn About the Power of "Yet" | Action: Watch Carol Dweck's, <u>The power of believing that you can improve!</u> |
| <input type="checkbox"/> | 4. Embrace the Power of "Yet" | Action: Make a "Yet" list of all the things you want to accomplish, based on your <u>Ten dimensions of wellness</u> .

<i>Example:</i> Physical Wellness: I have not lost 30 lbs. yet, but I will. |
| <input type="checkbox"/> | 5. Reflect of Lessons Learned | Action: Journal, why is mindset important? |