



Growth Mindset Kit

FOR TEENS



Big Life Journal

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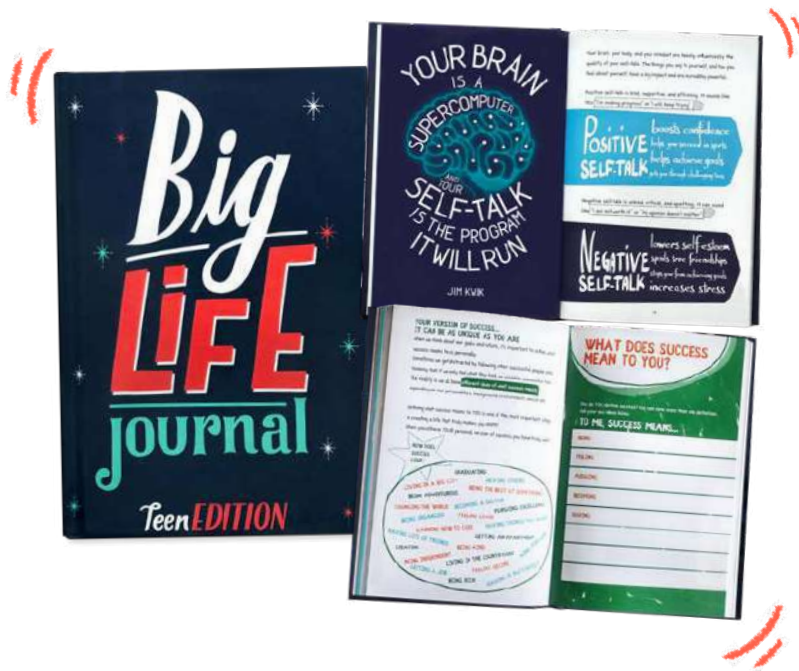
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GROWTH MINDSET

products for tweens & teens

For the complete collection of Big Life Journal products, [click here](#).



BIG LIFE JOURNAL TEEN EDITION (AGES 11+)

This guided, science-based journal helps tweens and teens develop a resilient, growth mindset so they can grow into confident, happy adults. It helps teens discover the power of their brain and turn their negative self-talk into positive and empowering.

[CLICK HERE TO LEARN MORE](#)



CONVERSATION CARDS ALL AGES

This beautifully illustrated deck of cards offers 52 interesting questions to help kids, teens, and grown-ups share thoughtful discussions about growth mindset, kindness, resilience, gratitude, and more. The back of each card features colorful artwork with fascinating sea life.

[CLICK HERE TO LEARN MORE](#)



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Answer a few interesting questions you might not think about often.

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There are things we CAN'T control in life, such as opinions, behaviors, and words of others. All we can do is focus on things we CAN control (our actions, our attitude, learning from mistakes, etc.). Use the blank poster to reflect which things are in or out of your control.

Famous Failure Research10-11

We all can learn a great deal from famous and accomplished people (artists, musicians, scientists, inventors, doctors, entrepreneurs, etc.). Most of them have failed on their way to success. Use these pages to learn more about a person you admire and their failures.

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When we develop problem-solving skills, we can better manage our emotions, think creatively, and persist through difficulties. Use this page to practice your problem-solving skills.

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There are valuable lessons to be learned in any difficult or challenging situation. Use this page to reflect on a recent challenge and what you can learn from it.

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When our ideas or work get rejected, we can learn from it and try again. Use this page to describe your recent rejections to remind yourself a 'yes' is coming soon!

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This poster is a visual analogy which helps us realize that our "roots" (loving adults, teachers, friends, thoughts, and values) can keep us standing strong in the face of challenges.

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Making gratitude a habit can keep us physically, psychologically, and emotionally healthy. Use these pages to reflect on things and people you can be grateful for.





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This is a fun writing exercise for you to reflect on what can make your year great. Later on you can use what you wrote for setting goals.

5 Steps for Effective Goal Setting & S.M.A.R.T. Goal Examples.....20-21

Goals make our lives purposeful, adventurous, and fun. There are some things you can do to properly set your goals so you're more likely to accomplish them. Use these pages to learn more about goal setting.

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The more specific your goals are, the better your chances are of reaching them. Use these pages to write out specifics for one of your goals and practice breaking it down into smaller steps.

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Use this page to set a savings goal and track your progress.

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Habits are such an integral part of your daily life. Some habits can prevent us from reaching our goals. Use these pages to develop better habits and set yourself up for success.

Exercise, Monthly, Kindness, Stress, and Screen-Free Trackers.....28-33

What we measure, we improve. Tracking things like exercise, stress levels, and even your acts of kindness will help you develop healthy habits and stay positive along the way.

Books, Movies and Travel Bucket Lists.....34-36

Use these fun pages to plan out what movies you want to watch, books you want to read, and places you want to travel to.

A Good Friend Poster.....37

Your thinking is heavily influenced by the closest people you spend the most time around. It's important to understand which friendships influence you positively and which ones negatively.

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Sometimes we can get overwhelmed by strong emotions. In those moments, it helps to take a pause and do something different. Use this poster for ideas.

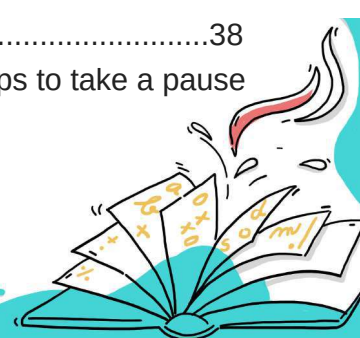




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Use these coloring sheets as you listen to your favorite music, audiobooks, or podcast episodes. You can also color them as a way to relax and take your mind off things.

Inspirational Quotes42-48

We all need small reminders throughout the day to keep us in a positive, grateful, confident mood. Take a photo of your favorite quotes to save on your phone. You can also print these quotes and put them in your notebooks, binders, or up on the wall.

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Top Growth Mindset Resources for Teens.....49

One way to help teens develop a growth mindset is to introduce them to resources which promote persistence, love of learning, learning from mistakes, and other key growth mindset ideas. This printable is a list of popular growth mindset resources for teens.

Conversation Starters for Problem-Solving Discussion.....50

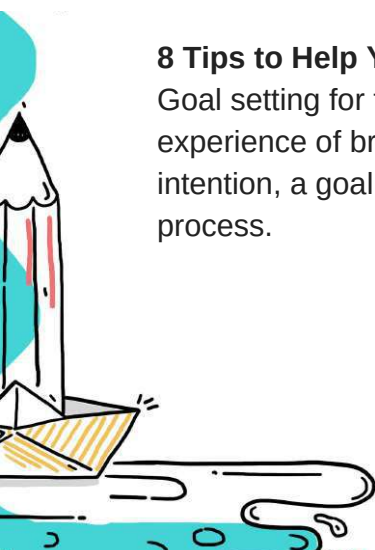
We can't always be there to solve every problem for our teens. Our job is to TEACH them how to solve problems for themselves so they can become confident, independent, and successful. Use this page as a guide to begin problem-solving conversations.

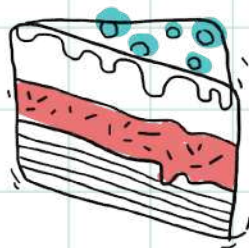
How to Teach Growth Mindset to Teens.....51

How do you encourage a teen to take ownership of their life? To put forth effort and work toward their goals, even when life gets challenging? It starts by realizing your teen's brain is flexible and adaptable. The tips on this page will help you interact with your teenager in a way that keeps the relationship strong while encouraging them to grow and develop as an individual.

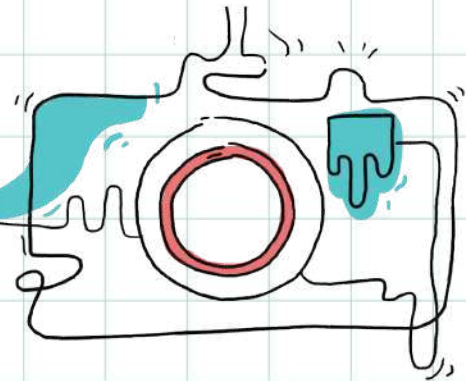
8 Tips to Help Your Teen Set Effective Goals52

Goal setting for teens can be daunting: they have big ideas and big dreams, but don't yet have the experience of breaking down and organizing a goal into steps. If done without planning and intention, a goal could inadvertently hurt a growth mindset. Use these tips to help your teen in this process.





This is me...



Something that brings me peace:



I feel happiest when:



3 things I love most about my life:



My greatest skill at the moment:

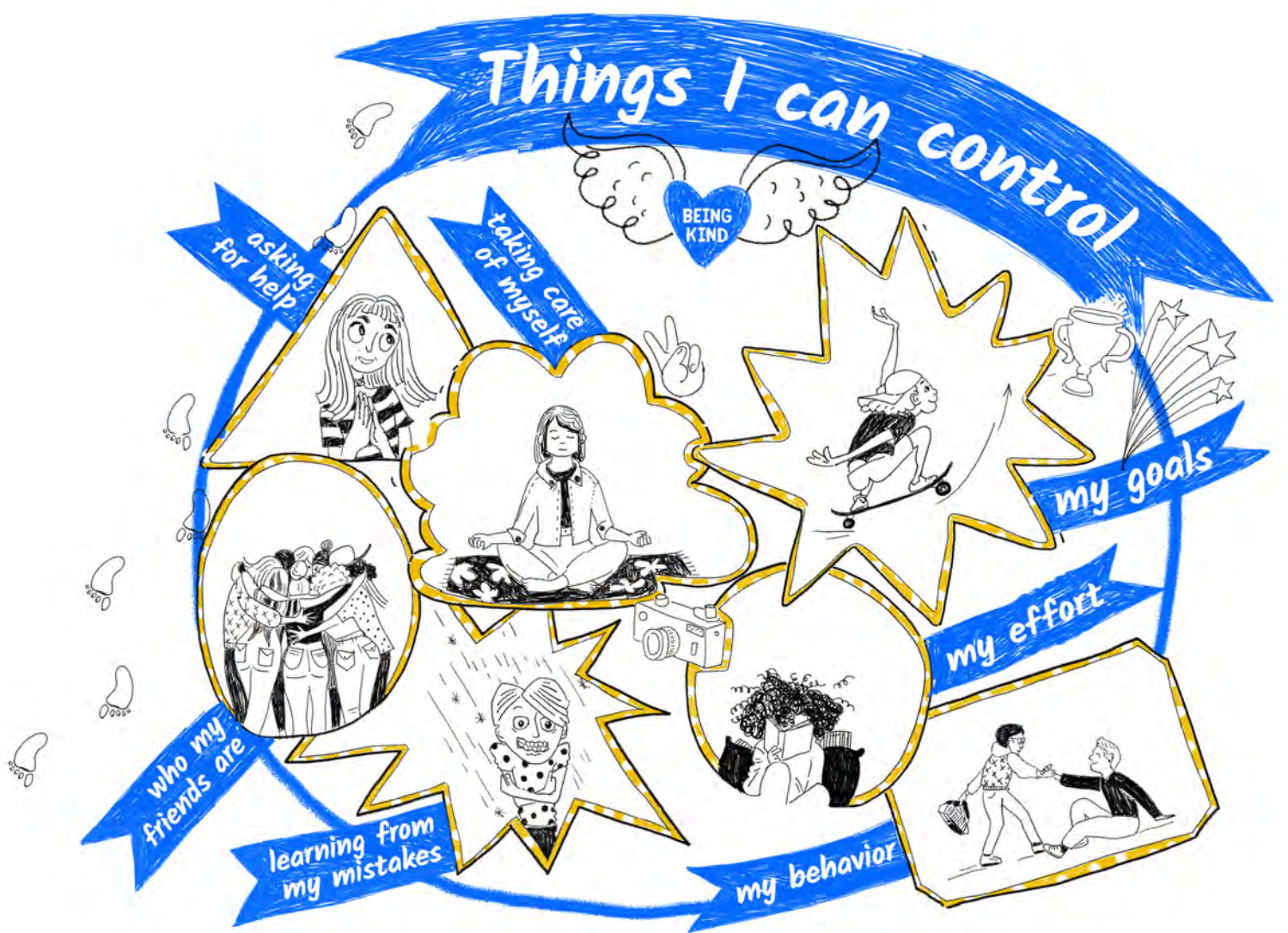


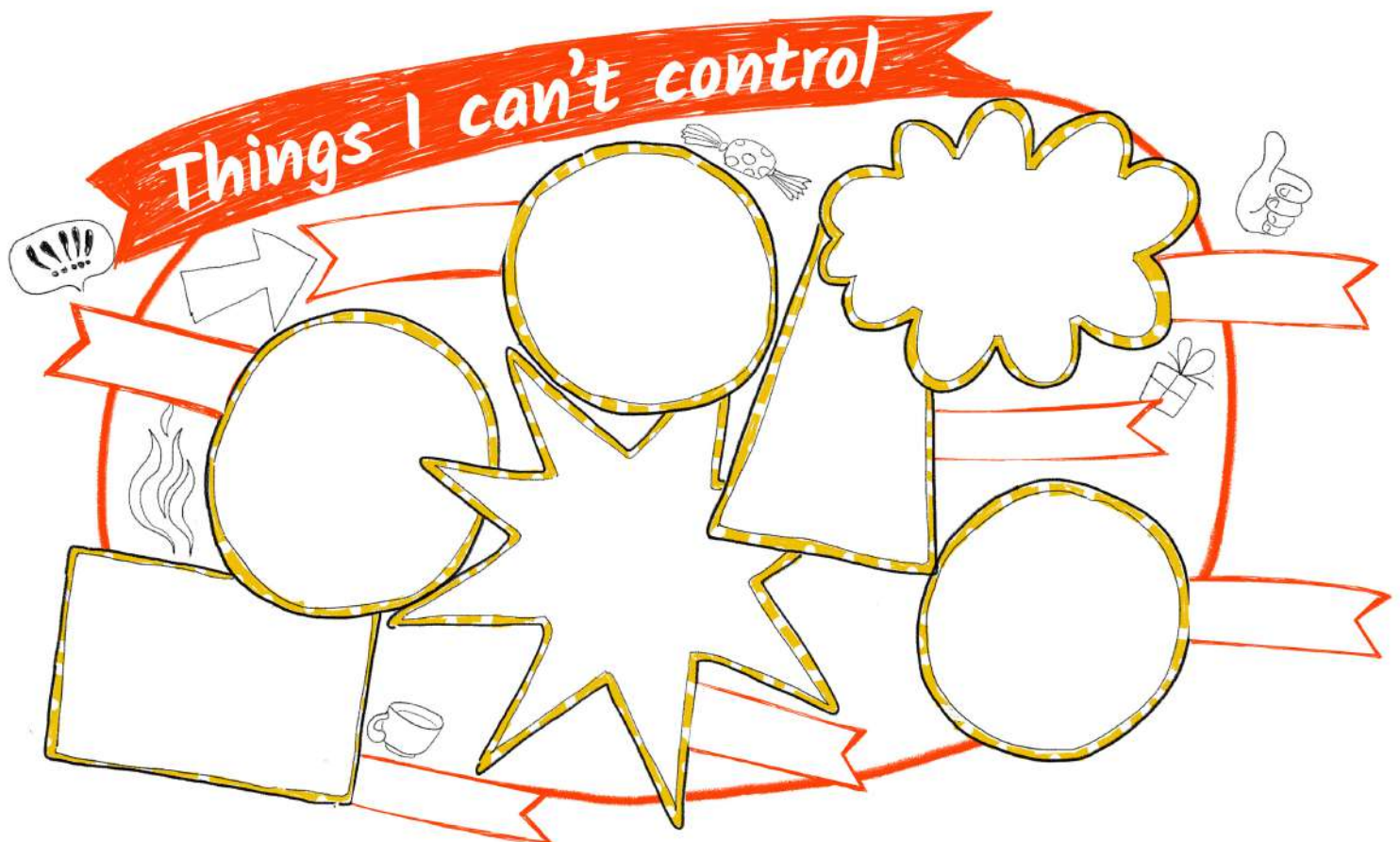
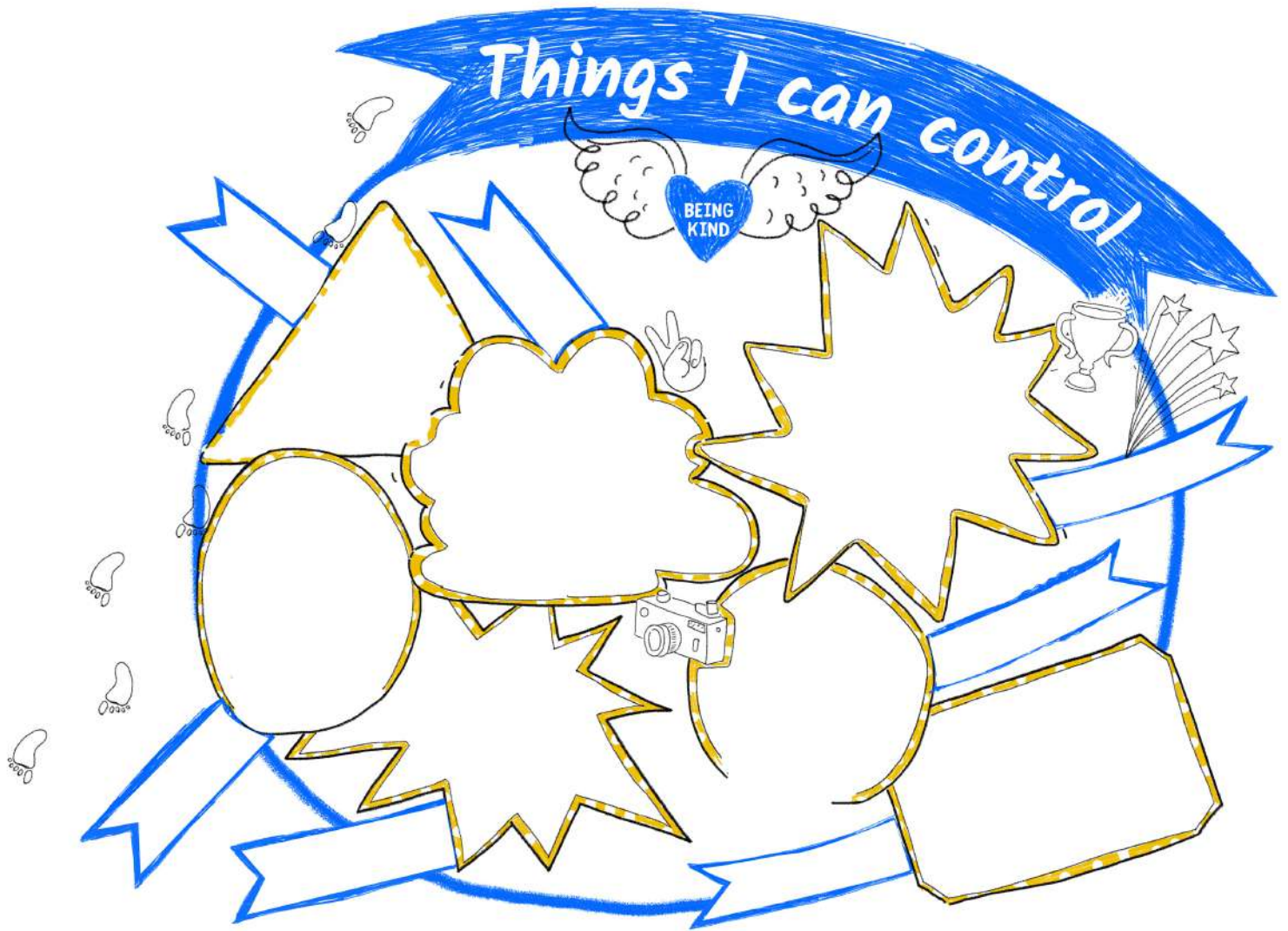
Something I want to get better at:



I'm looking forward to:





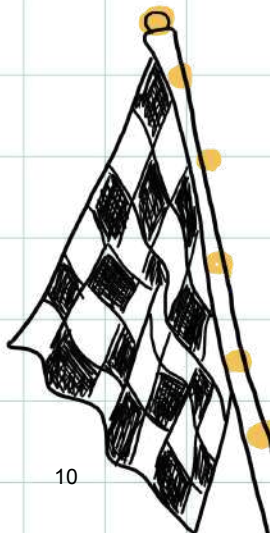


Famous Failure Research

Think of something you are interested in.
Who does a great job doing it?

What do they attribute their success to?

Write about one or more failures they experienced.

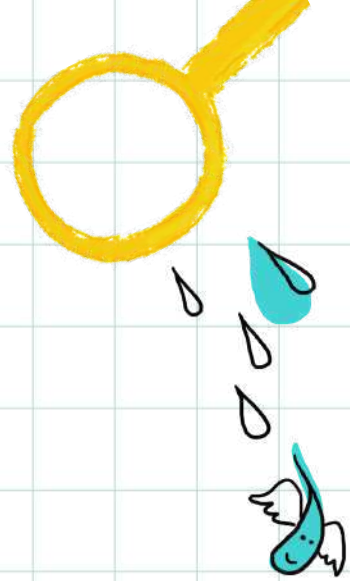




What helped them overcome their failure(s)?



What kept them going?



What can you learn from this person?





Focus on solutions,

not problems

○ A problem I am struggling with:

◎ What size is my problem?
Scale 1 (tiny, I can let it go)----10 (huge, life changing)

◎ What are some solutions for my problem?

1.

2.

3.

◎ Which of the above solutions can I try first?

◎ Who can help or advise me with this problem?



Lesson Learned



Learning from our mistakes and failures coincide with growth and evolution. After we make a mistake, it's important to step back, find what we can learn from this and think about what to do next.

{ Think of something which didn't go your way. Briefly describe what happened.

{ What have you learned from it?

{ What could you have done differently?

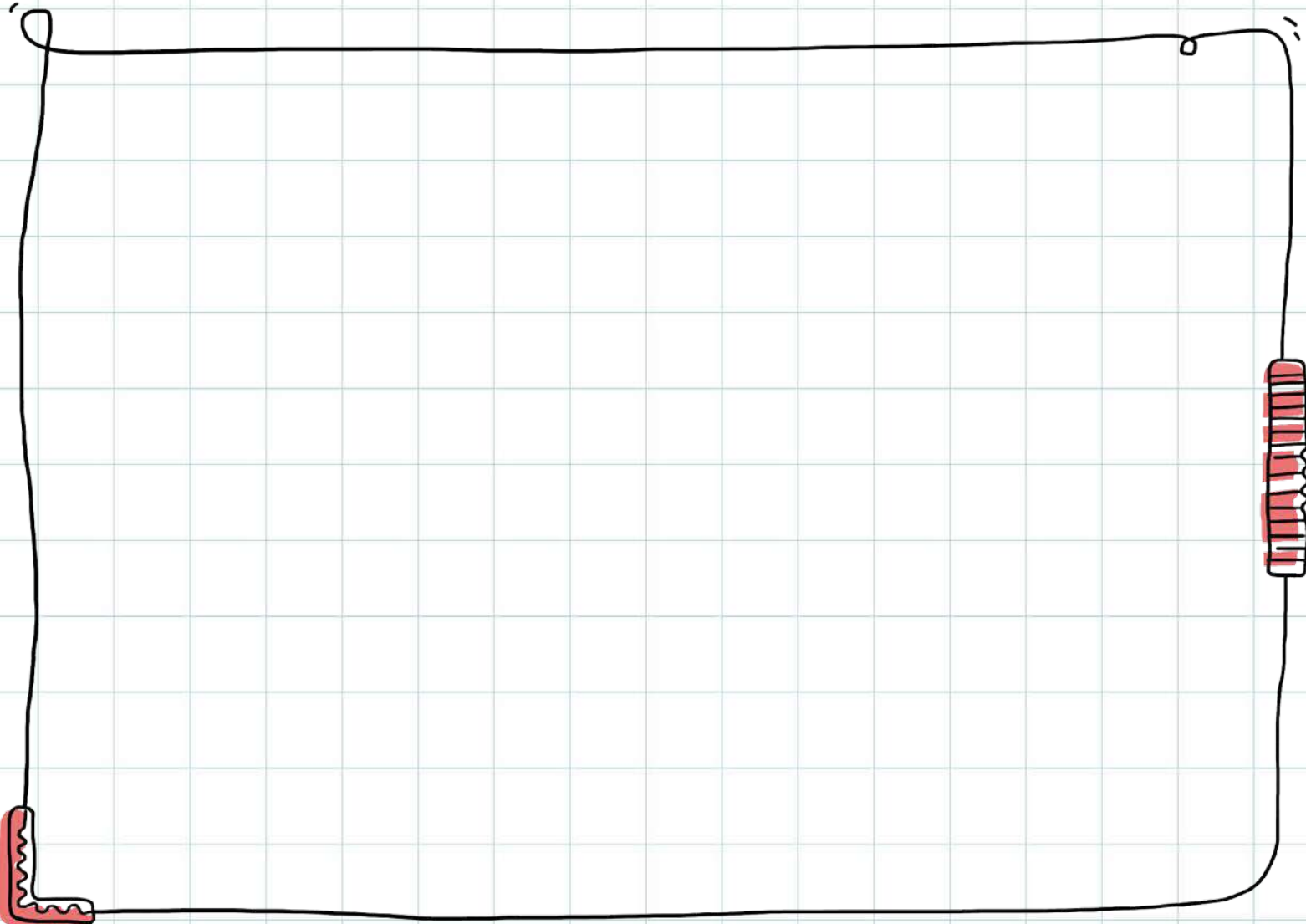


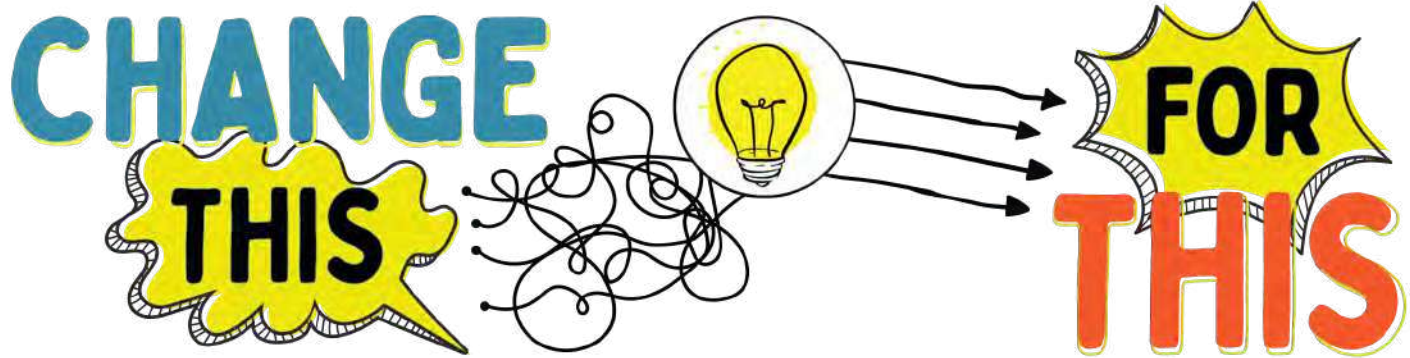
USE “NO” as Next Opportunity

Nobody likes to hear the word 'no' when they are working towards a goal but, interestingly, once you start letting people know about your valuable contributions, ideas or projects, you will inevitably be met with resistance and rejection somewhere along the way. The only way to avoid rejection: hide away and do nothing.

It may sound odd, but the more rejections you get, the more likely you are to get a yes. Don't let the word 'no' get you down because soon enough there will be a 'yes'!

Describe some recent rejections below to remind yourself a 'yes' is coming!





Everyone has negative thoughts. When you have a negative thought, you can help yourself feel better if you replace it with a more realistic and helpful perspective.

I CAN'T DO ANYTHING RIGHT.

Sometimes I do get things wrong, but so does every person on this planet. I also get lots of things right which I might not always notice. I did lots of things right in the past.

I WILL NEVER BE ANY GOOD.

I don't have to succeed at everything. I might not succeed at some things, but that doesn't mean I fail at everything. I will find what I love doing and will become good at it.

I BETTER NOT CRY.

Crying is a normal physical response to stress, sadness, and other negative feelings. I can always find a quiet place to cry to feel better.

I SHOULDN'T HAVE MADE THAT MISTAKE.

Everyone makes mistakes and it's just part of being a human. I can learn from my mistake to make sure I don't repeat it again.

≧ CHALLENGING MY NEGATIVE thoughts

A **negative** thought I have:

Can I be 100% sure this is **true?** ☐ YES ☐ NO ☐ MAYBE

What would someone **who loves me** say?:

If my **good friend** had this thought, what would I tell them?

What is a more **helpful** and **realistic** thought?

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I am Strong Like A Tree



Have you seen trees swaying in high wind? Despite the wind, the trees keep standing tall and strong because their roots are deep.

You can think of your life as a tree! The loving adults, teachers, friends, your thoughts and values are roots which keep you standing strong. Challenges you face are like the wind. You can stand strong and tall despite the challenges because of your deep roots!

HOW TO FILL OUT YOUR TREE

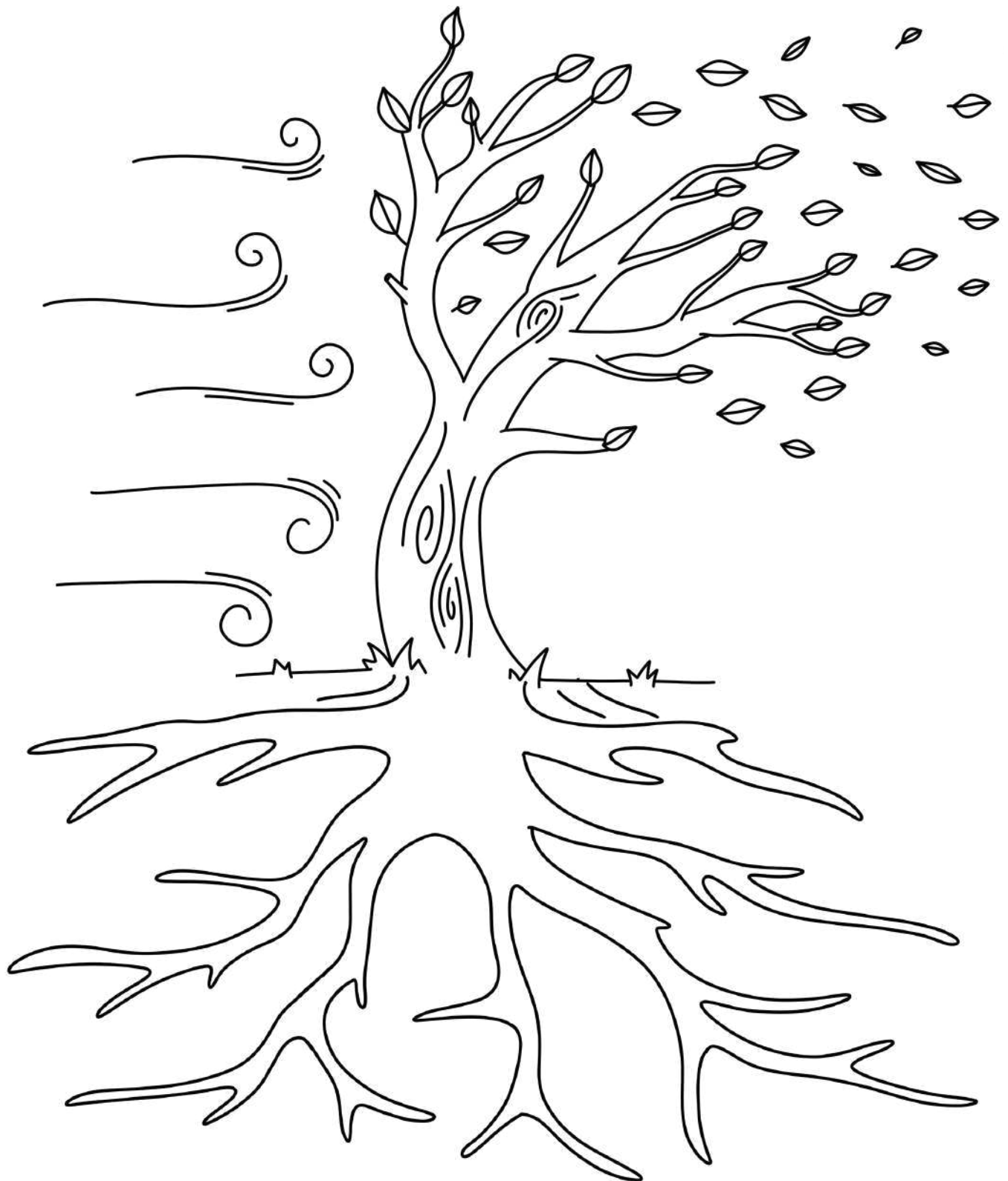
- 1** Next to the roots, draw or write people, things, animals, thoughts, and values that make you feel loved and supported.
- 2** On the wind lines, draw or write challenges you are facing.



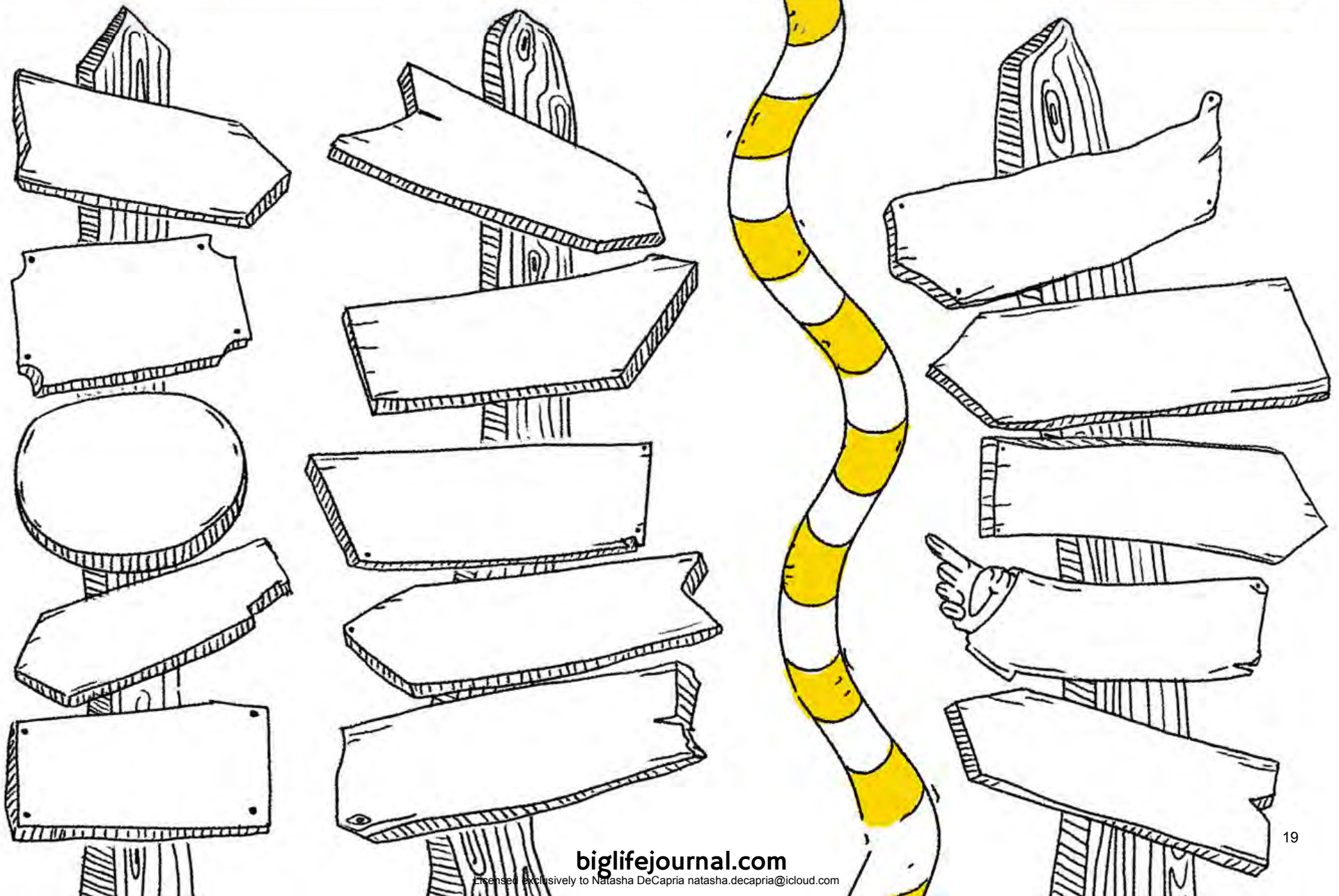
I Am Strong Like A Tree

no matter the challenge!

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I AM GRATEFUL FOR



I am grateful because I

CAN

AM

HAVE

It's not happiness that brings us gratitude.
It's gratitude that brings us happiness.

Imagine it's the end of **THE YEAR** and it was your **BEST** year yet!
List or draw events, accomplishments, people, and things
which made it so great.



5 STEPS FOR EFFECTIVE GOAL SETTING



STEP 1: WRITE DOWN YOUR GOAL

Research shows people are 33% more likely to achieve their goals if they write them down.



STEP 2: MAKE YOUR GOAL SPECIFIC AND MEASURABLE

Lots of research around SMART goals [Specific, Measurable, Attainable, Relevant, and Time-bound] has shown if you take the time to define a goal, it will have a higher rate of success. Use the template below to define your goal:

I will _____ by _____

When and with whom? _____



STEP 3: IDENTIFY A "GOAL BUDDY"

Studies have shown those who have an accountability partner with weekly check-ins achieve their goals significantly more than those who don't.

A "goal buddy" can be your friend or family member. You can have more than one!



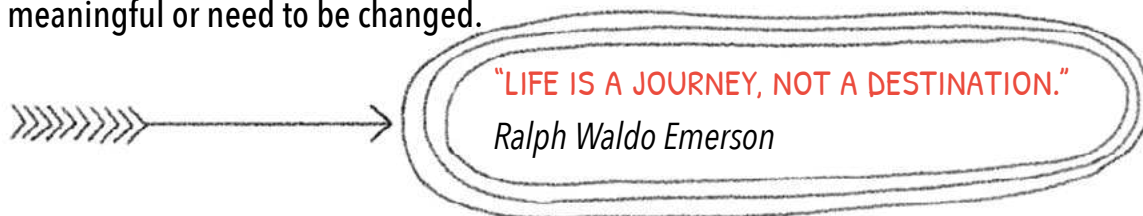
STEP 4: NAME POTENTIAL SETBACKS AND CHALLENGES

It's important to consider potential challenges and setbacks which could prevent you from achieving your goal. In fact, some studies show that imagining roadblocks can increase productivity, improve time management, and reduce stress.



STEP 5: SCHEDULE REVISING DATES

Set a few dates to revisit your goals. It's a great opportunity to celebrate small successes you have already achieved and to review your current goals to make sure they are still meaningful or need to be changed.



SMART.

goal EXAMPLES



SPORTS

- Run 30 minutes a day 5 times a week
- Go to all of my training sessions for the next 2 months
- Shoot 200 extra free throws a week

Relationships

- Do an outdoor family activity once a month
- Organize family reunion
- Be present at each family dinner

Health

- Eat veggie dish 3 times a week
- Eat a homecooked meal twice a day
- Drink 8 glasses of water a day

Personal Development

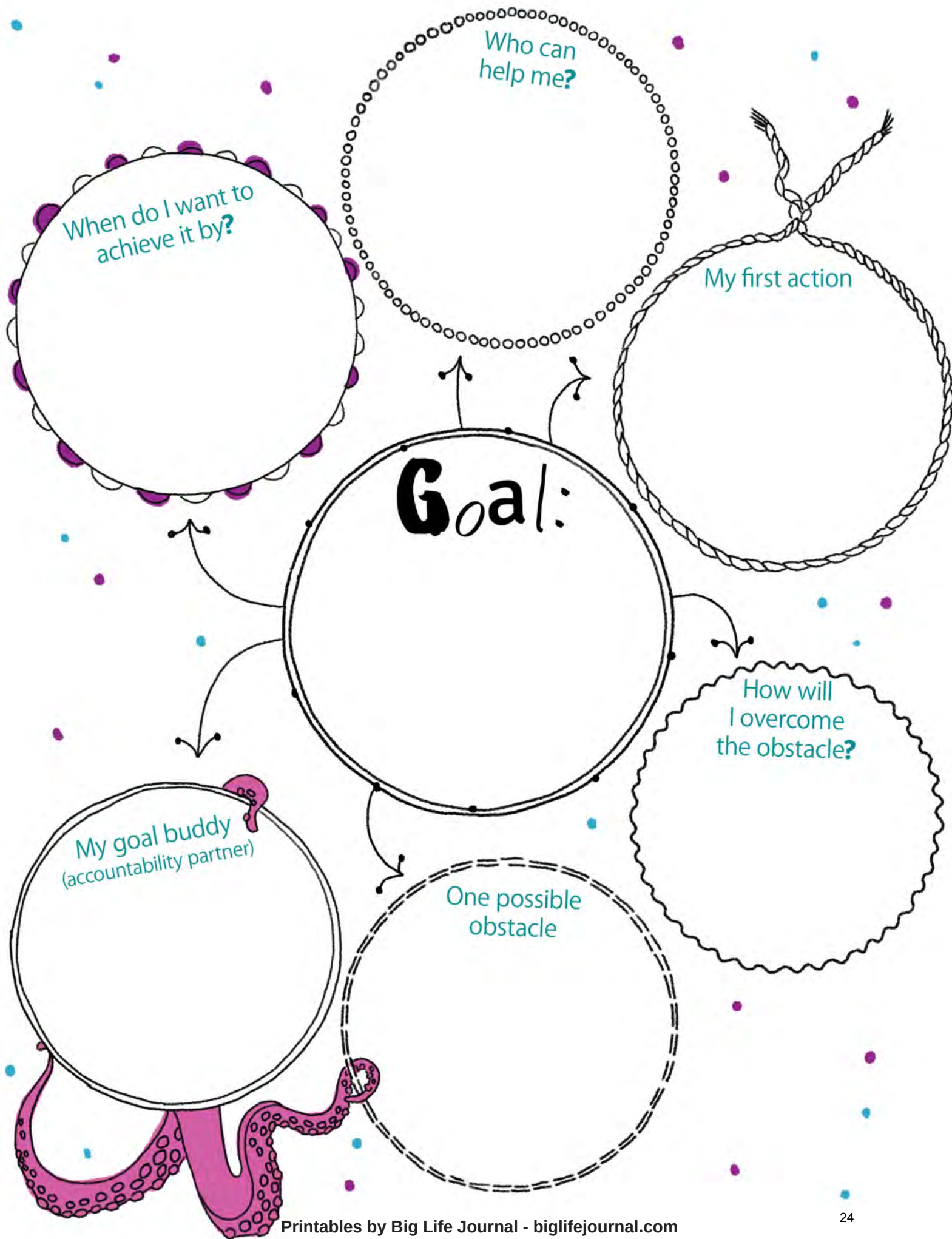
- Read one non-fiction book a month
- Find a mentor and schedule monthly meetings/calls
- Journal 10 minutes a day

passions + interests

- Write 500 words a day for my blog
- Volunteer at a local hospital 3 times a month
- Raise \$1000 for charity



*S*pecific *M*easurable *A*ttainable *R*elevant *T*ime-bound





My GOAL Planner



GOAL _____

Start _____ Deadline _____

Why I want to reach this goal:

People who could help me to reach this goal:

My action steps

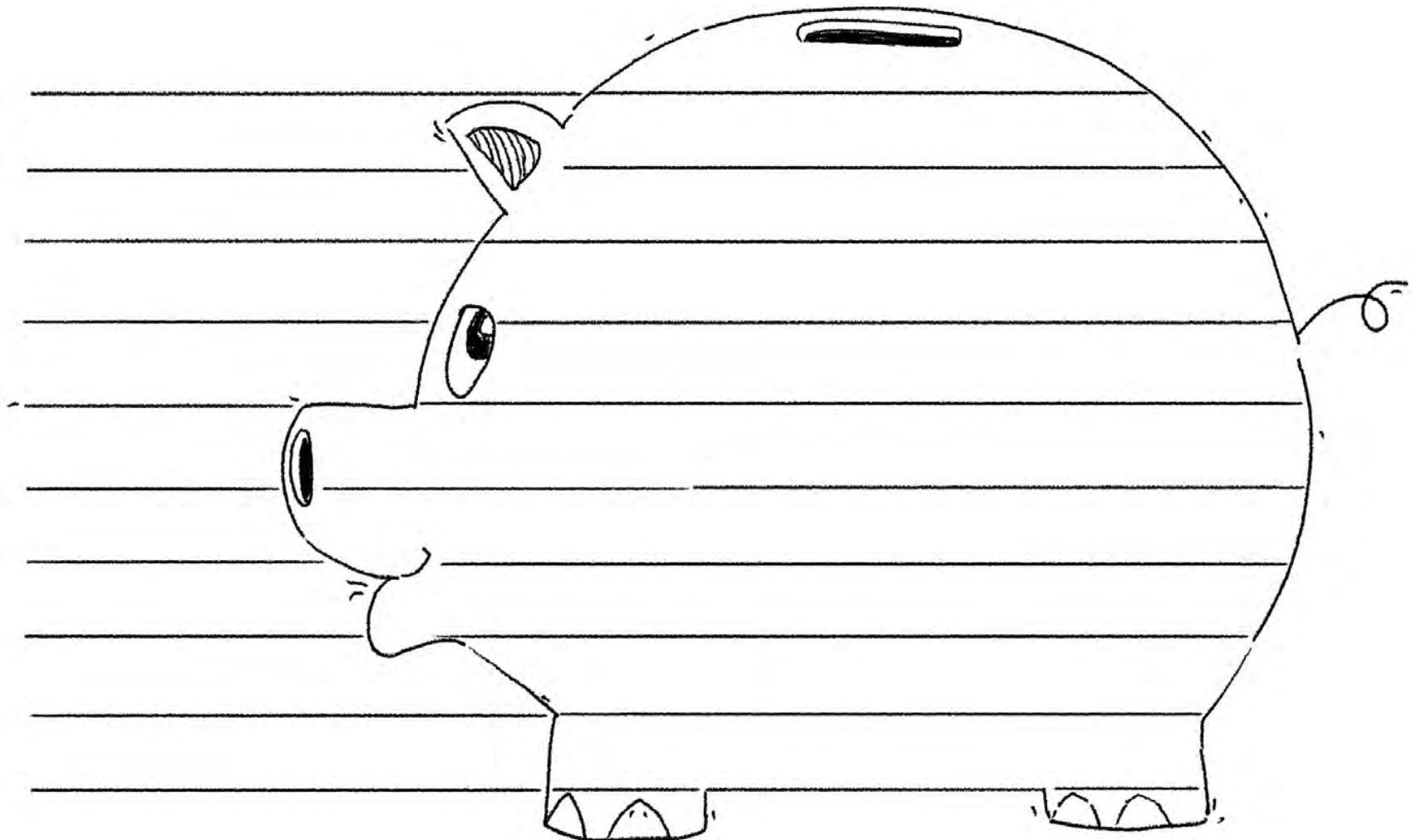
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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My SAVING Plan

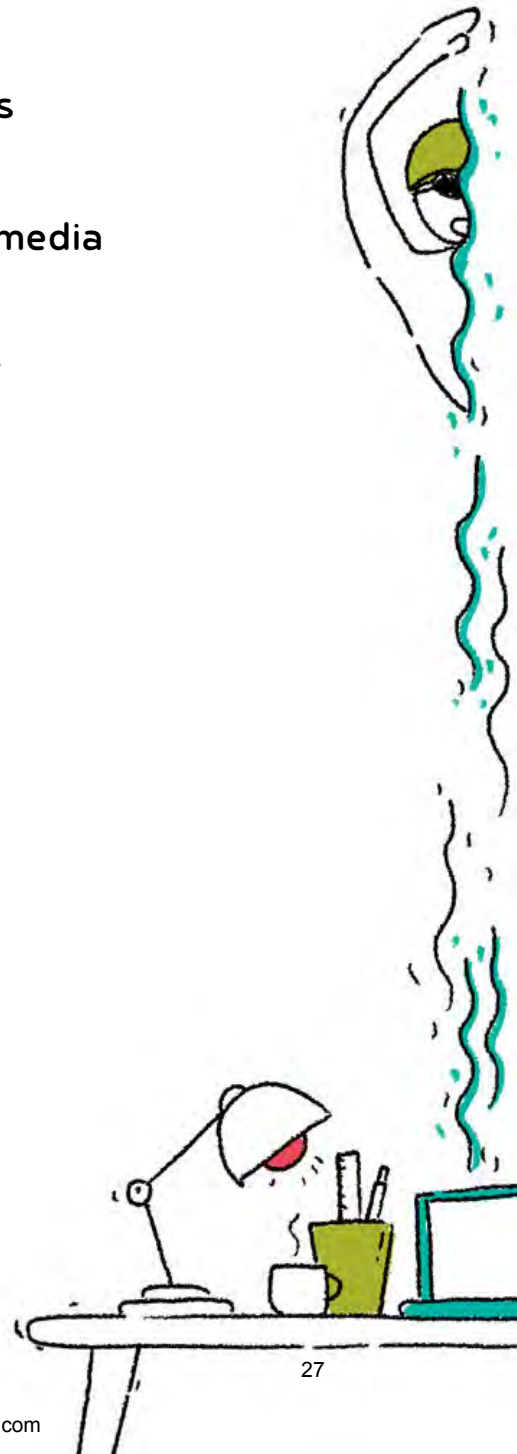
I WANT TO SAVE _____ FOR _____

Divide your goal into 10 equal parts and write the amounts on the lines below. Color the parts of the piggy bank as you complete each step.



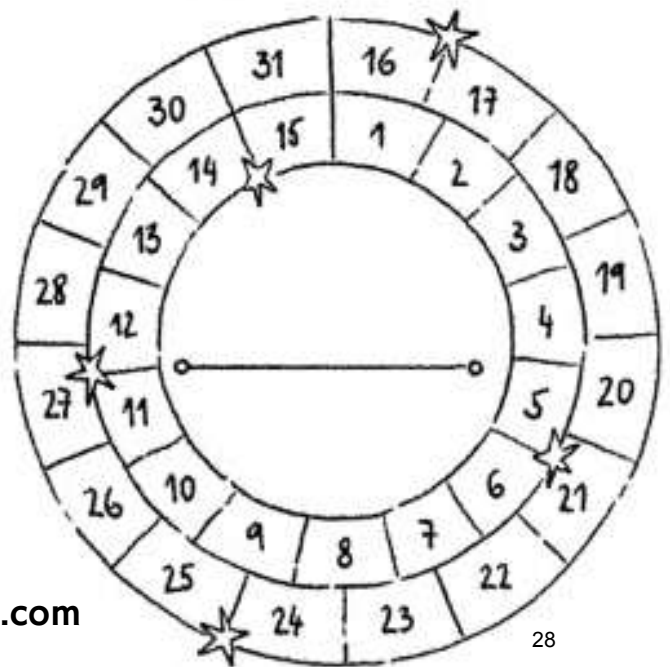
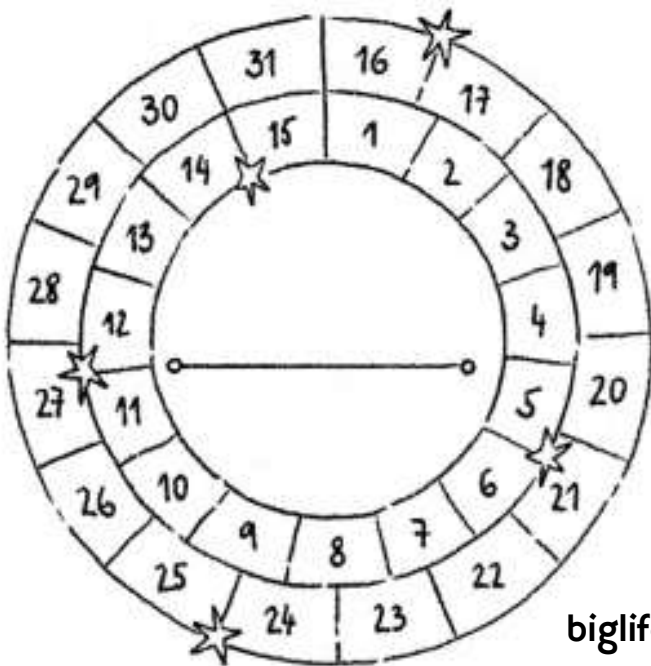
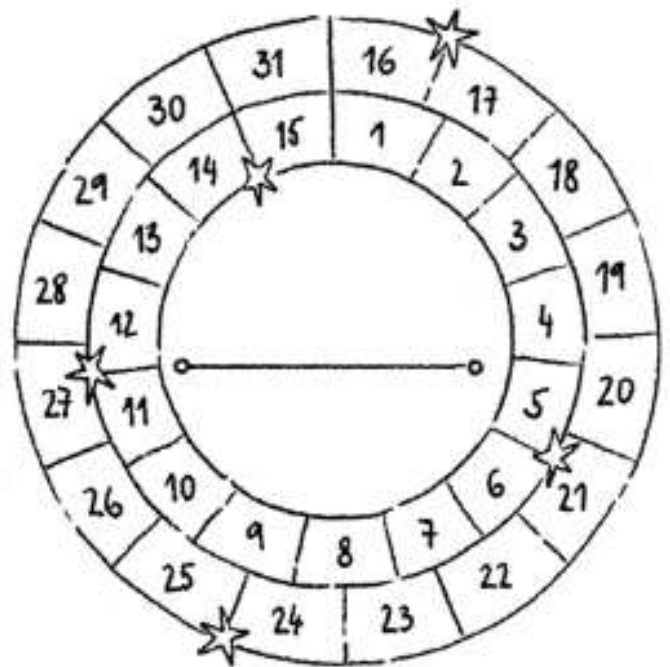
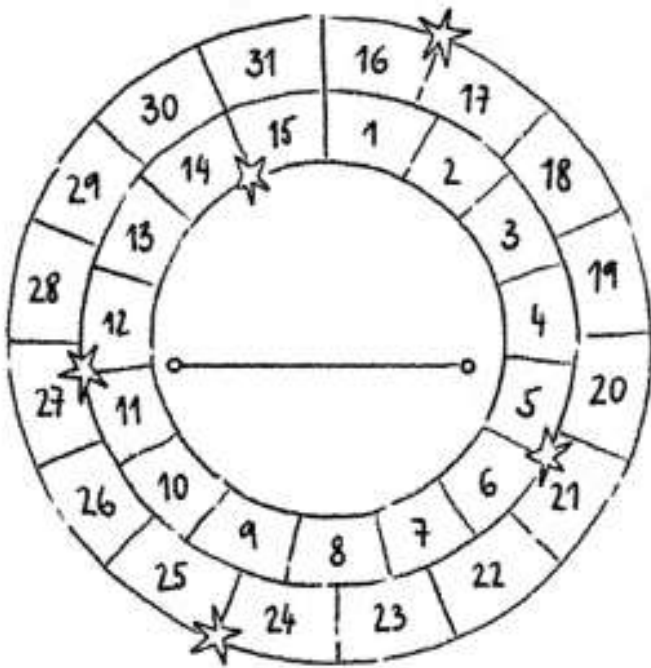
Examples of GOOD Daily Habits

- Wake up before 8am
- Make your bed
- Brush your teeth in the morning
- Have a healthy breakfast
- Arrive early to class or appointments
- Do something kind for someone
- Spend maximum one hour on social media
- Drink 6 glasses of clean water
- Eat at least two healthy meals a day
- No sugar
- Do at least 30 minutes of exercise
- Walk or bike to school
- Save money
- Meditate
- Take vitamins
- Read a few pages in a book
- Practice affirmations
- Journal your thoughts
- Organize your study space
- Clean up your room
- Brush and floss your teeth at night
- Get at least 8 hours of sleep
- Go to bed before 10pm



HABIT Tracker

This habit tracker will help you form new good habits. Write the habits you want to form inside the circles (for ideas, see next page). Throughout the month color the days you followed through on your habits. You can cut the circles out and glue them inside your notebook. Print this page multiple times if you need more circles.



Exercise Tracker

month: _____

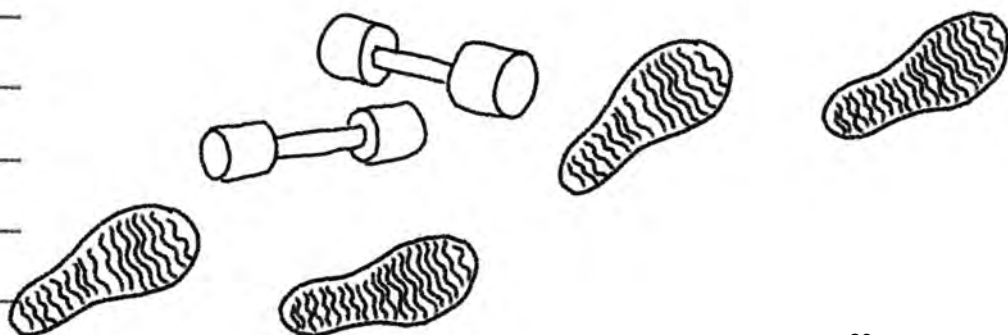


Sut	Mon	Tue	Wed	Thu	Fri	Sat

Exercise type

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

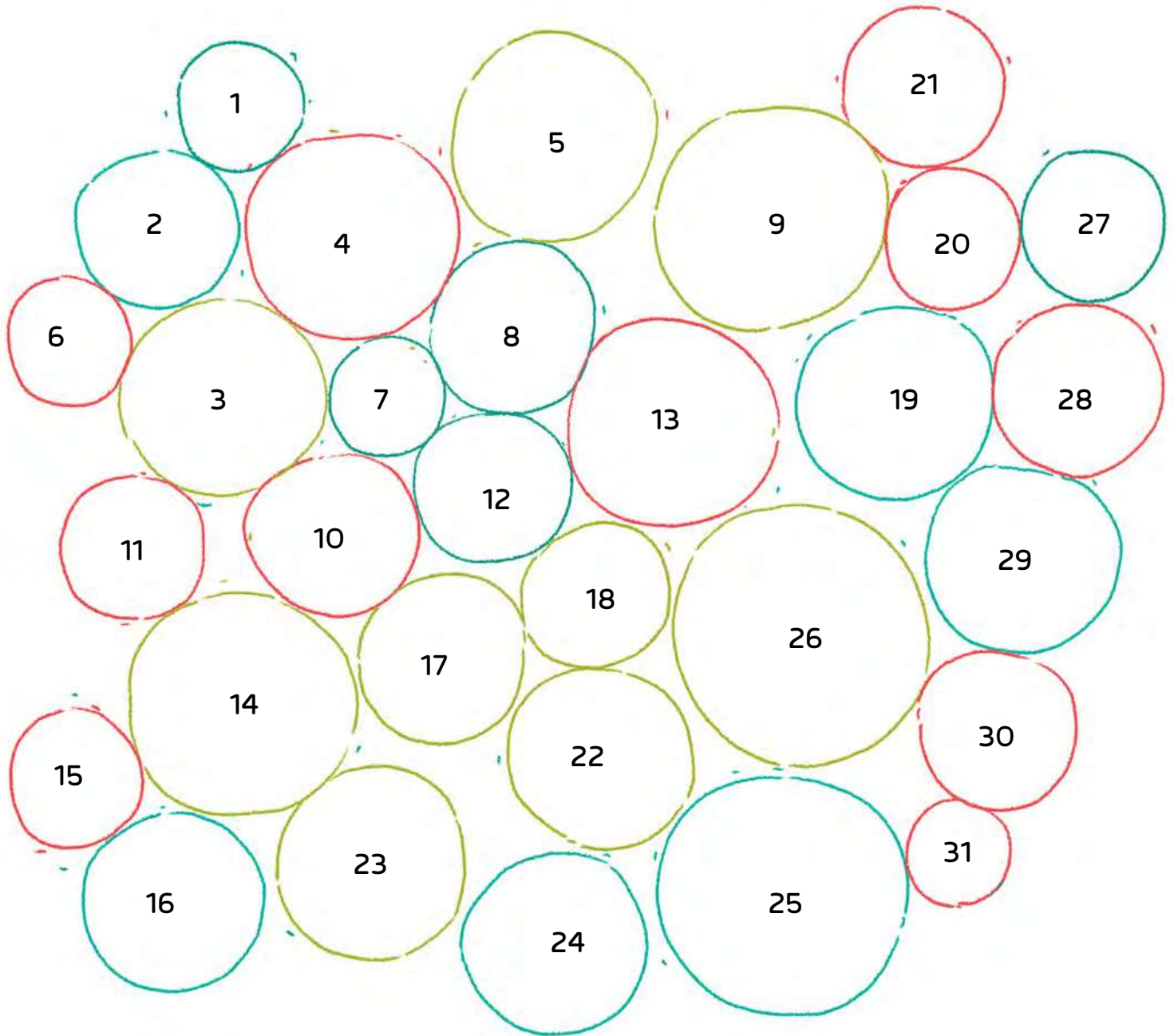
Color code your exercise types and color in the calendar as you perform them.



MONTHLY tracker

Color in each day of the month using your color key at the bottom.

Month: _____



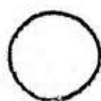
**K
E
Y**



LEARNED OR TRIED
SOMETHING NEW



HELPED SOMEONE



WAS KIND TO MYSELF

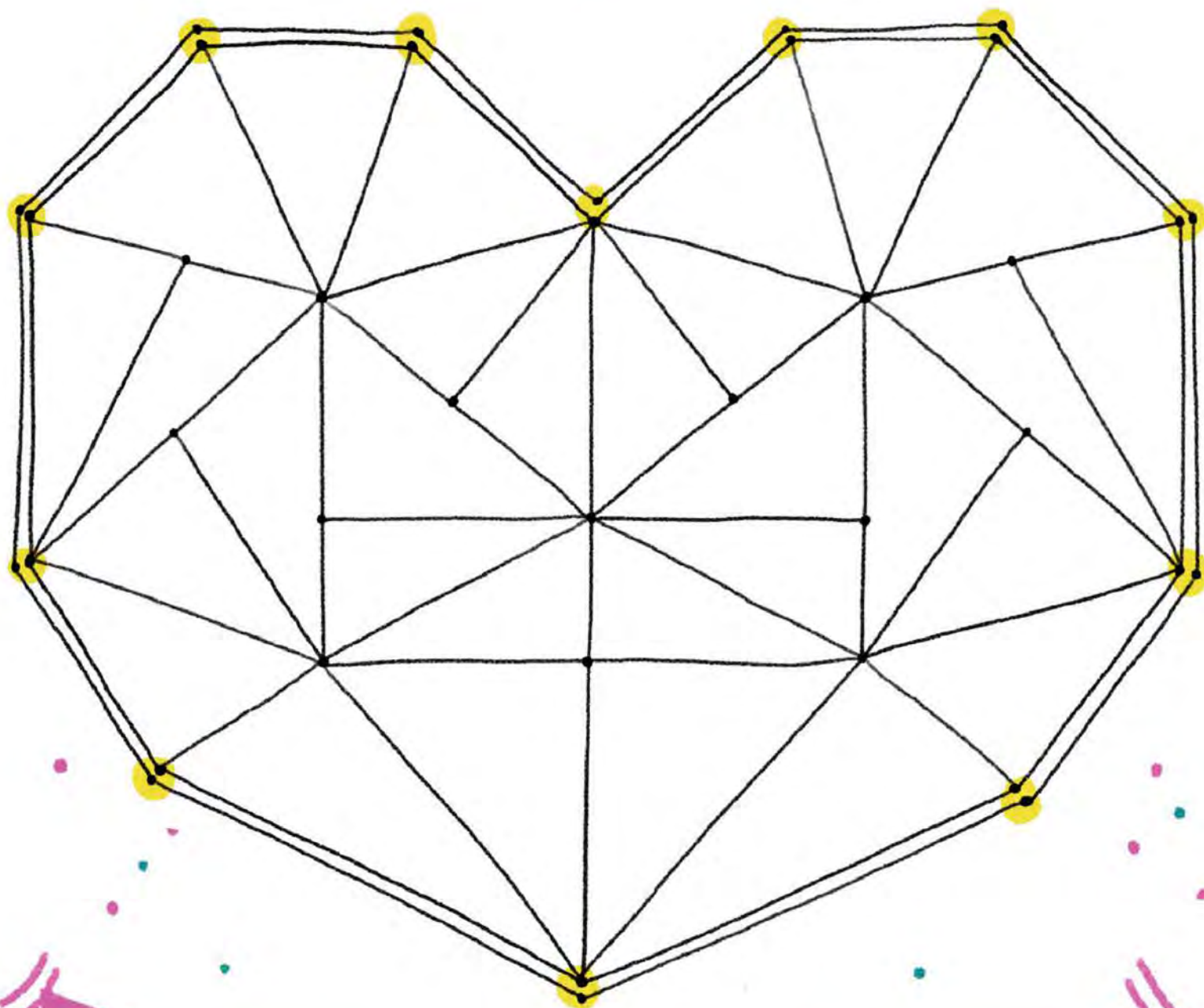


DID SOMETHING DIFFICULT

RANDOM

acts of kindness

TRACKER



When you perform a random act of kindness, color in one piece of the heart. You can also write down the name of a person you helped.

STRESS tracker

- 1
- 2
- 3
- 4
- 5

Color code your stress levels and color in each day of the month.

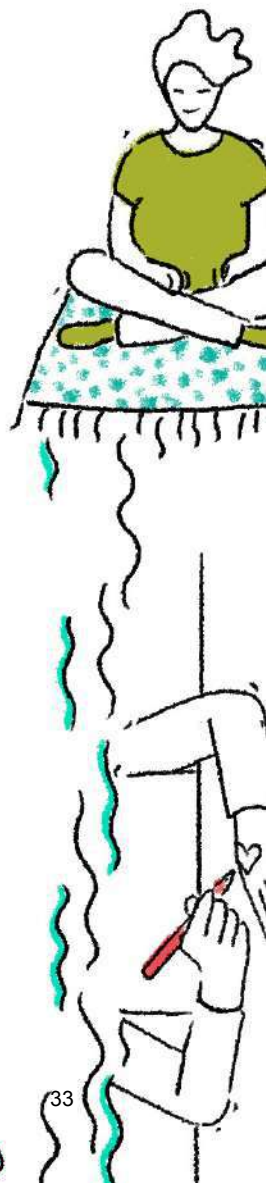
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

It's
OK
to take
a break

SCREEN-FREE

Activities

- Play a board game
- Do a puzzle
- Journal
- Practice meditation
- Research something new and just for fun
- Read a book
- Practice a musical instrument
- Plan a dinner and cook it
- Bake something
- Volunteer
- Make a vision board or collage
- Try calligraphy
- Learn Origami
- Research and create your family tree
- Interview someone from a different generation
- Go for a nature walk
- Study outdoor survival skills
- Go on a photo hunt to take photos of inspiring people, things, and nature
- Mentor a younger child
- Write a poem, song, or story
- Do a science experiment of interest
- Find out how something works
- Build a tower out of cards
- Learn how to play Dominos
- Play Sudoku or do a crossword puzzle
- Learn magic tricks and do a show for your family
- Learn to garden
- Get (or borrow) a telescope and study the stars
- Paint kindness rocks to spread around the community



SCREEN-FREE time tracker

Begin by coloring the squares below with different colors. Then track your daily screentime by coloring in one of 31 parts (starting with number 1) of the pineapple according to your color keys.

COLOR KEYS



NO SCREEN TIME



LESS THAN 30 MIN



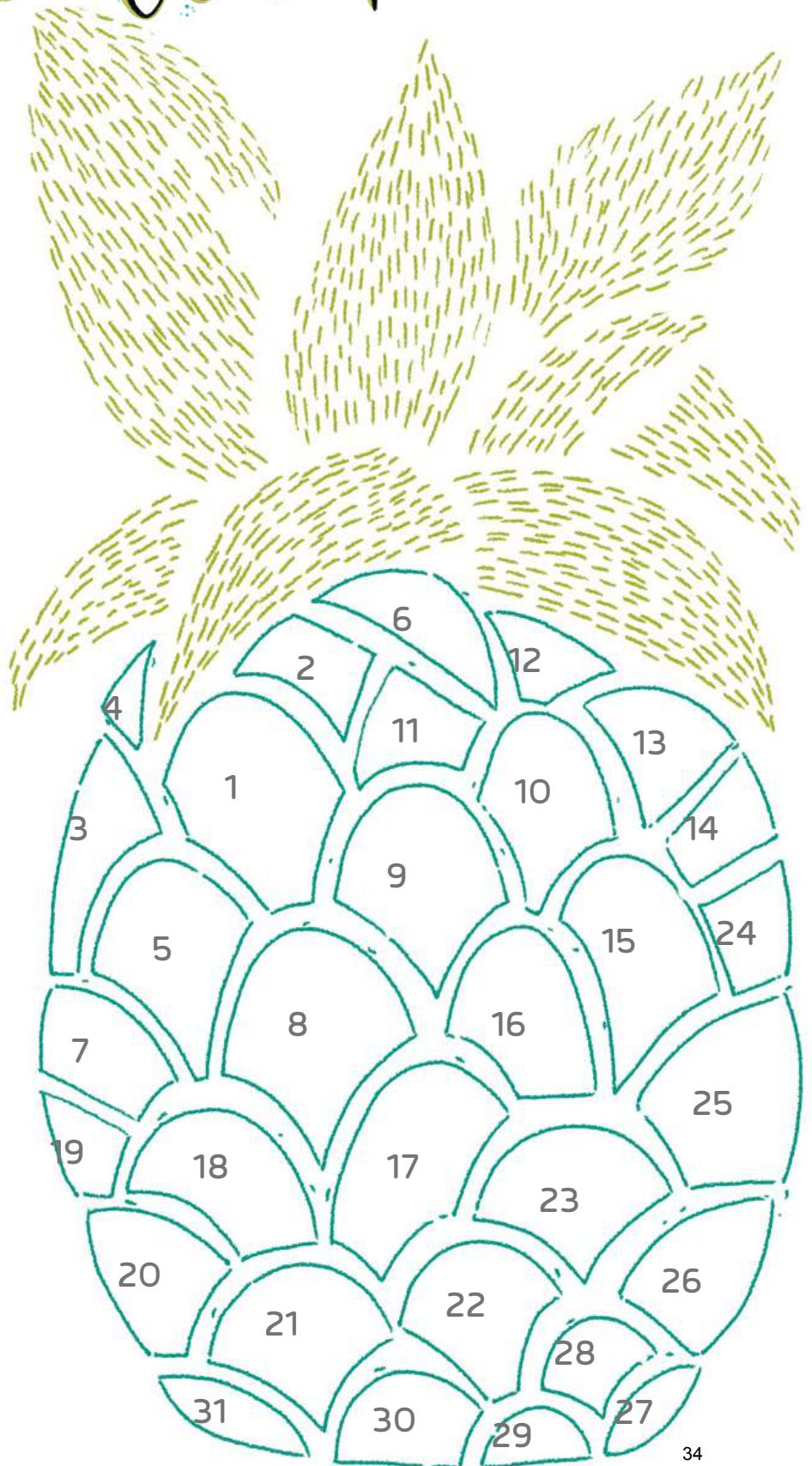
30 MIN - 1 HOUR



1-2 HOURS

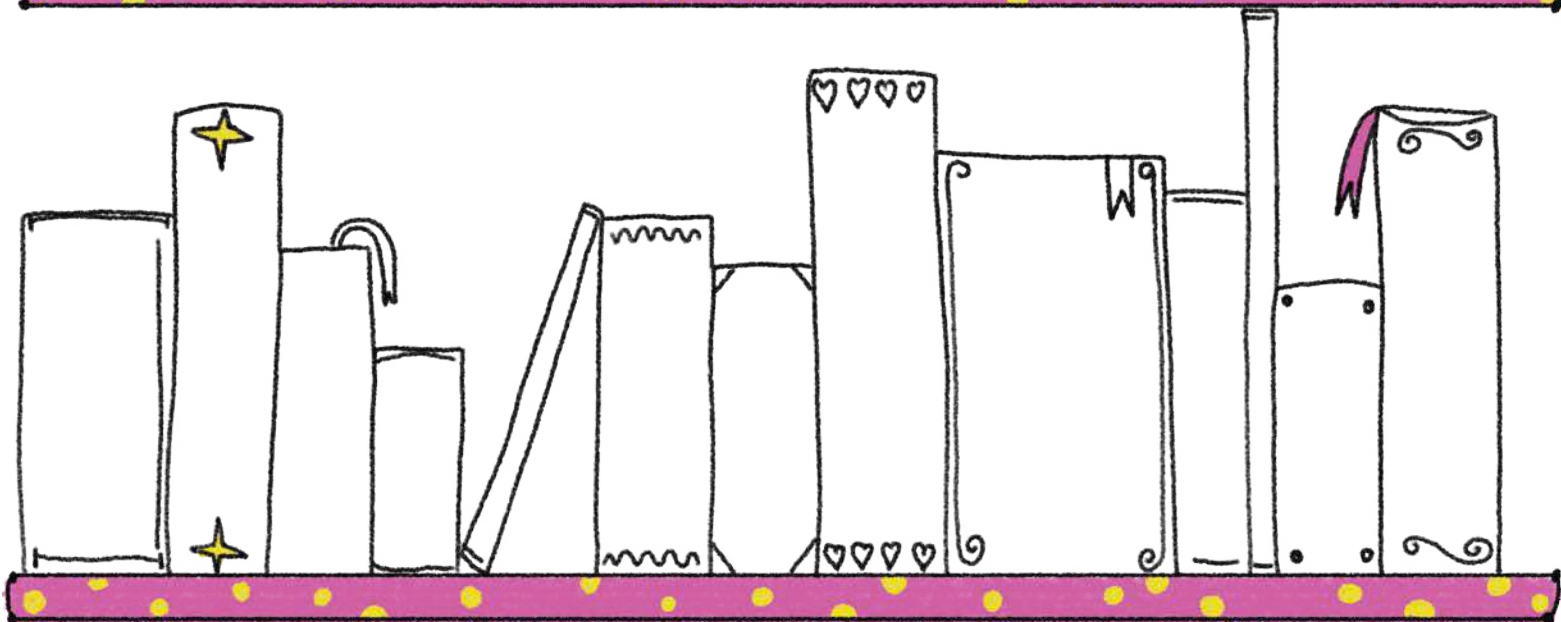
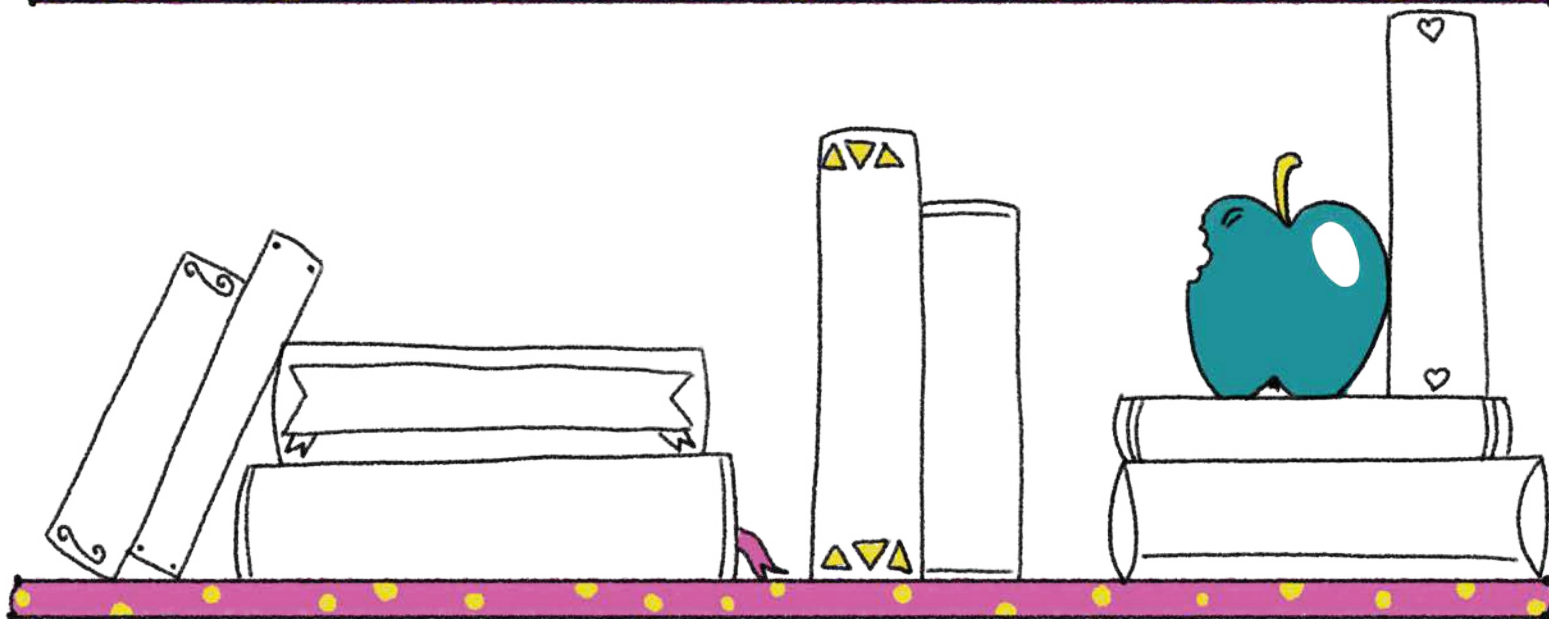
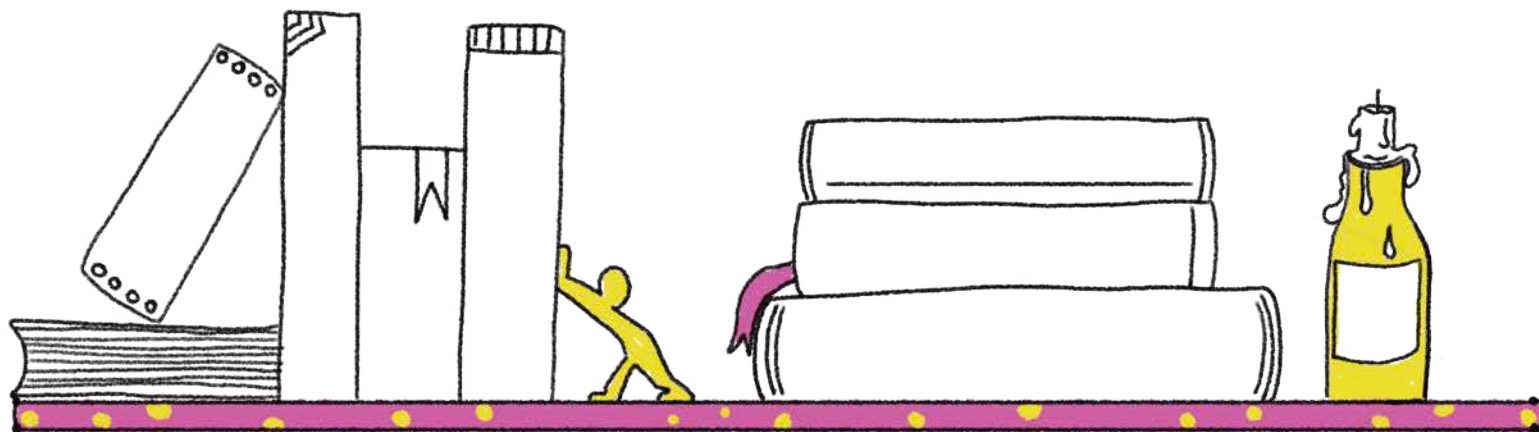


MORE THAN 2 HOURS





Write down books you want to read and color them in as you finish.

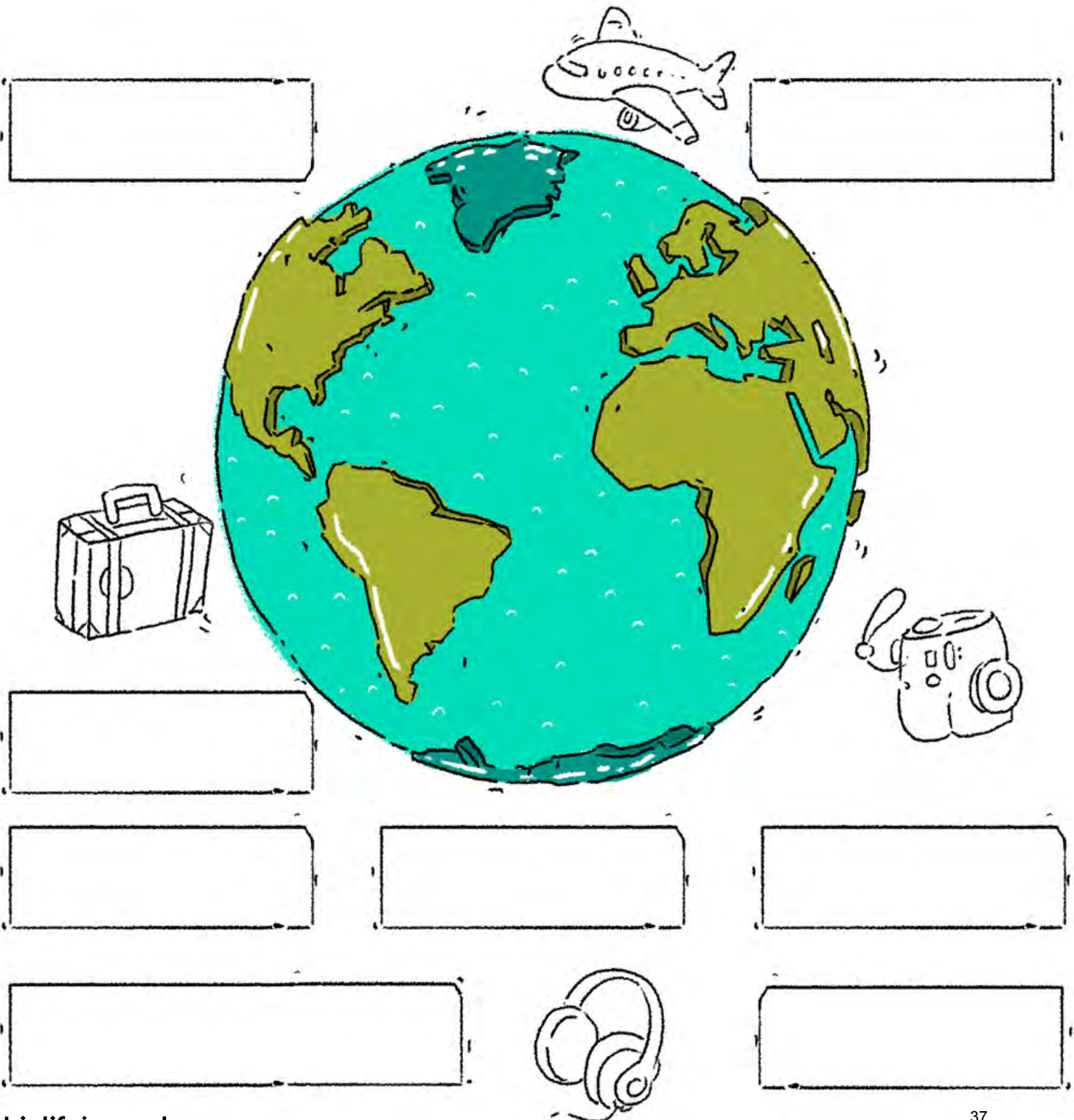




Movies
Watched

My Travel **BUCKET** list

Think of all the places you want to visit and write them inside the boxes below.



Eight empty rectangular boxes for writing travel destinations are provided:

- Top left box
- Top right box
- Left box (below suitcase)
- Right box (below camera)
- Bottom left box
- Bottom middle box (left of headphones)
- Bottom middle box (right of headphones)
- Bottom right box

be kind
And
supportive

NOT PRESSURE ME
TO DO ANYTHING
I DON'T
WANT TO



MAKE me
FEEL good
ABOUT myself

LISTEN TO
WHAT I
HAVE TO
SAY



Understand
when I need
time apart

a good Friend will

FORGIVE
ME FOR
MY ~~MISTAKES~~
MISTAKES

Respect my
decision

TELL me TRUTH

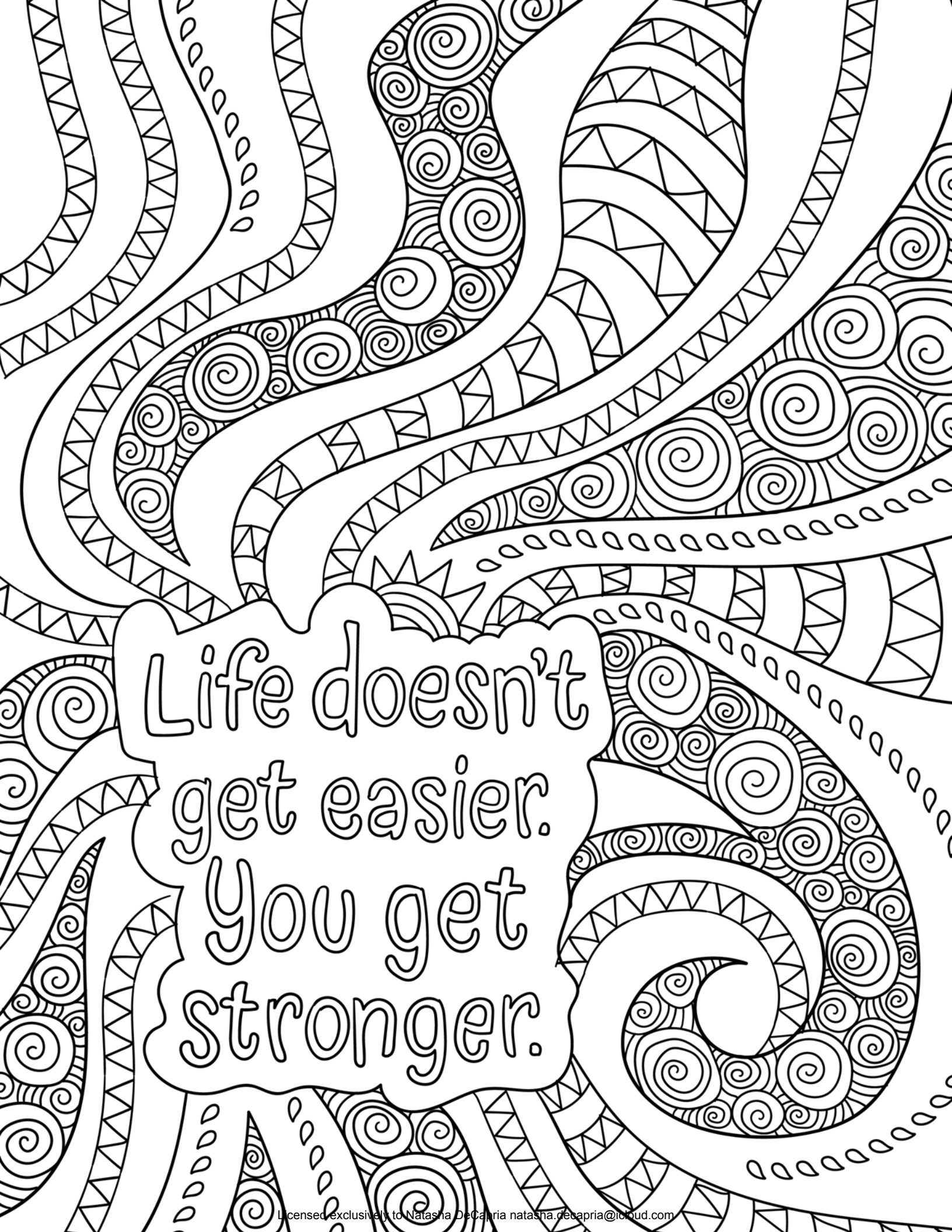
APOLOGIZE
WHEN they
are WRONG

ACCEPT
ME FOR
WHO I AM

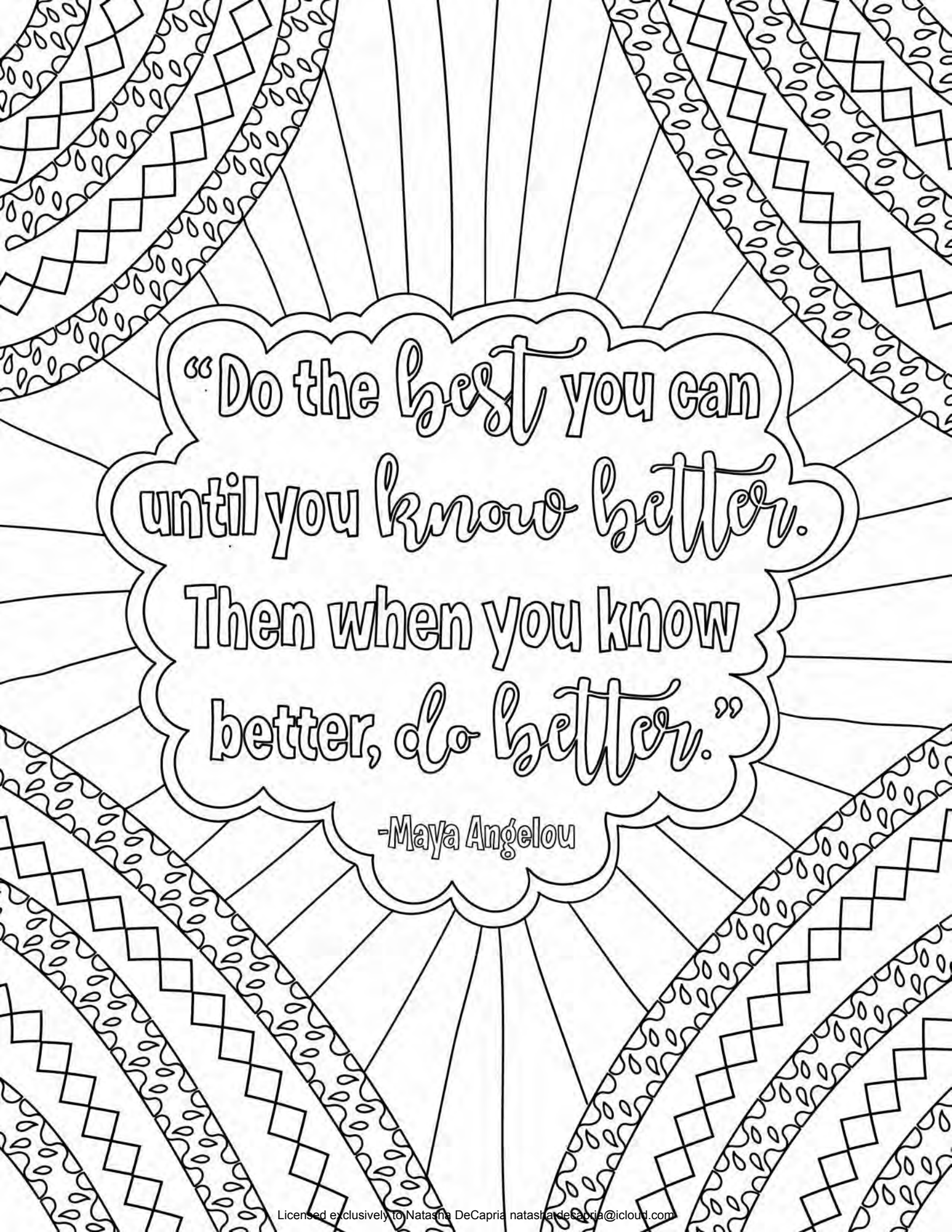
NOT TALK
ABOUT ME
BEHIND
MY BACK!





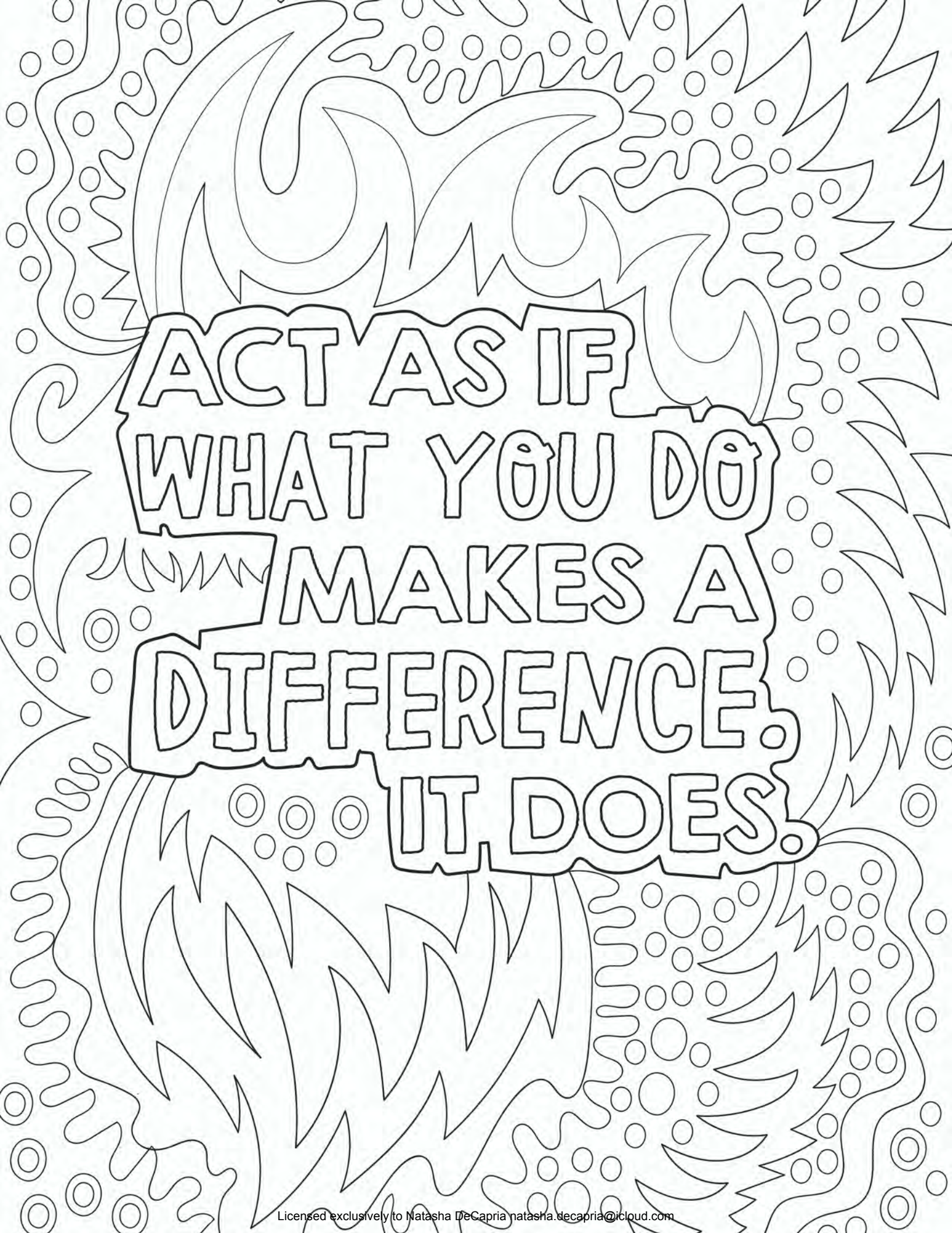


Life doesn't
get easier.
You get
stronger.



*"Do the best you can
until you know better.
Then when you know
better, do better."*

-Maya Angelou



ACT AS IF
WHAT YOU DO
MAKES A
DIFFERENCE.
IT DOES.

WHEN IT
RAINS



look FOR
RAINBOWS



WHEN IT'S
DARK

look FOR
STARS

EVERY DAY IS A NEW BEGINNING

TAKE
A
DEEP BREATH
AND
START AGAIN



MINDS
• ARE LIKE
PARACHUTES

THEY FUNCTION
~
BETTER
WHEN OPEN

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you MISS,
100 PERCENT
OF THE SHOTS,
you DON'T
TAKE

Wayne Gretzky

Have a dream,
chase it down,
jump over every
single hurdle,
and run through
FIRE and **ICE**
to get there.

Whitney Wolfe Herd,
founder of Bumble

**THE ONE THING
YOU HAVE
THAT NOBODY ELSE
HAS IS YOU.**

**YOUR VOICE, YOUR VISION,
YOUR MIND, YOUR STORY.**

**SO WRITE AND
DRAW AND BUILD
AND PLAY AND LIVE
AS ONLY YOU CAN.**

NEIL GAIMAN

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you CAN'T
GO BACK *AND*
CHANGE *THE* BEGINNING,
BUT YOU CAN START
WHERE YOU ARE
AND CHANGE *THE*
ENDING

C.S. Lewis

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TOP GROWTH MINDSET RESOURCES for TEENS

Big Life Journal

PODCASTS

- ☐ Unstoppable Teen
- ☐ Youth Radio
- ☐ Brainstuff
- ☐ How Stuff Works
- ☐ The Moth - True Stories
- ☐ Part-Time Genius
- ☐ The Stuff of Life
- ☐ Mentor for Teens

Kindness BOOKS

- ☐ Wonder, by R.J. Palacio
- ☐ Kid President's Guide to Being Awesome, by Robby Novak and Brad Montague
- ☐ The Harry Potter Series, by J.K. Rowling
- ☐ Growing Up with a Bucket Full of Happiness: Three rules for a happier life, by Carol McCloud
- ☐ The Mouse and the Motorcycle, by Beverly Cleary
- ☐ Charlottes' Web, by E. B. White
- ☐ The One and Only Ivan, by Katherine Applegate
- ☐ Because of Winn-Dixie, by Kate DiCamillo
- ☐ The Secret Garden, by Frances Hodgson Burnett
- ☐ Fish in a Tree by Linda Mullaly Hunt
- ☐ Out of My Mind by Sharon M. Draper

RESILIENCE BOOKS

- ☐ You Are Awesome by Matthew Syed
- ☐ A Long Walk to Water: Based on a True Story by Linda Sue Park & Ginger Knowlton
- ☐ The Boy Who Harnessed the Wind by William Kamkwamba
- ☐ El Deafo by Cece Bell
- ☐ Hope in a Ballet Shoe by Michaela DePrince & Elaine DePrince
- ☐ Hatchet by Gary Paulsen
- ☐ Fast Talk on a Slow Track by Rita Williams-Garcia
- ☐ Out of My Mind by Sharon M. Draper
- ☐ Every Falling Star by Sungju Lee & Susan Elizabeth McClelland

CONVERSATION STARTERS

for a Problem-Solving Discussion
with **Tweens & Teens**

1

IDENTIFY THE PROBLEM

- ★ What information do you know?
- ★ Can you describe what happened?

2

WHY IS IT A PROBLEM?

- ★ What's upsetting you? How does this problem make you feel?
- ★ Why is this important to you?
- ★ What's the worst thing that could happen?

3

WHAT ARE THE SOLUTIONS?

- ★ What are possible solutions to this?
- ★ What do you think would happen if...?
- ★ How could we work together to solve this?

Solution 1

Solution 2

Solution 3

4

PUT A SOLUTION INTO ACTION

- ★ Which solutions seem like a good option for this problem?
- ★ Is it safe and fair? How might people feel about it?
- ★ What are the biggest obstacles to this solution?

5

EVALUATE THE OUTCOME

- ★ What solution worked well?
- ★ What did not work?
- ★ What would you do differently next time?

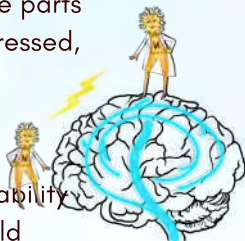
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HELPFUL TIPS FOR TEACHING TEENS GROWTH MINDSET

by Big Life Journal

1 SHARE FACTS ABOUT THE BRAIN

- Encourage them to learn about the parts of the brain, how feelings are expressed, and new information is processed.
- Let them explore words like “neuroplasticity”.
- Reinforce that their brain has the ability to learn new skills – and improve old ones – throughout their entire lifetime.



2 THIS IS AN ONGOING CONVERSATION

- Encourage teens to look for examples of growth mindset in everyday experiences (someone on TV, in the news, or at school).
- Share ways you are growing and learning even as an adult.
- Share the Famous Failures Kit with them (available on biglifejournal.com). Read the stories together as a family and share things you know about these people.



3 GOALS ARE GOOD, PRESSURE ISN'T

- Focus on the process of goal-setting rather than the goals themselves.
- Use creative options such as bucket lists or vision boards – either as a family or individually.
- In the Big Life Journal – Teen Edition, there are a lot of fun goal-setting exercises your teen can do on their own.



4 MAKE SPACE FOR FAILURE

- Rather than trying to make the path smooth for your teens or keeping them perpetually happy, focus on your role as support, or staying calm at hand.
- Carol Dweck recommends “addressing the setback head-on and talking to your children about the next steps for learning.”



5 WHEN THINGS DON'T GO AS PLANNED BRAINSTORM SOLUTIONS TOGETHER

- Rather than telling your child to “ask the teacher for extra credit,” when they do poorly on a test, walk through what happened and explore problem-solving options with your teen.
- See what they're comfortable with rather than dictating their next move.



6 ADDRESS LACKING SKILLS

- Problem-solving together may highlight areas where your teen needs additional help.
- Some teens are impacted by mental health concerns, such as anxiety or depression. Seek outside support for your teenager as needed.



7 LISTEN MORE THAN YOU TALK

- Ask your teen for suggestions, solutions, advice, and thoughts.
- Empathize with their perspective, rather than jumping to a solution, criticizing or judging.
- Reiterate you are willing and available when they need a listening ear.



8 WATCH YOUR REACTIONS

- Encouraging your kids to adopt a flexible growth mindset might require you to work on your own mindset, too.
- If you overreact to small infractions or mistakes, your child may be cautious about pursuing goals or may shy away from sharing challenges with you.
- It's OK to struggle with growth mindset. Let your teen know you will be working on it together!



8

ESSENTIAL TIPS TO HELP YOUR TEEN *set* *effective* GOALS

1 MAKE SURE IT'S THEIR GOAL NOT YOURS

- Teens can easily reject any attempt to be controlled.
- Allow your teen to set the goal and don't manipulate them into fulfilling your goals for them.



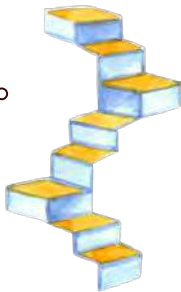
2 PARTNER WITH THEM AND SUPPORT THEIR INTERESTS

- If what your teen wants to do is safe and reasonable, you have an opportunity to show interest in their passion and partner with them.



3 INTRODUCE GOAL SETTING AS A TOOL TO SUPPORT THEIR DREAMS

- It's better NOT to force teens to do goal setting or introduce it as a "should" or "must."
- For example, an effective invitation to goal setting could be, "Sounds like you're interested in improving your Spanish so you can get selected for the school trip to Spain this summer. What a great idea. Would you like me to support you in creating a plan?"



4 KNOW WHEN CONVERSATION ABOUT GOAL SETTING IS APPROPRIATE

- If a teen is complaining about a task, like having to complete homework, don't initially try a conversation about goal setting.
- It's more effective to skillfully address their complaint first.



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5 DEMONSTRATE THEY'RE IN CONTROL

- What if your teen is complaining about a situation they see as outside of their control, like a bad grade? This is a great opportunity to partner with your teen by empathizing, "Sounds like you're frustrated with your score in math."
- Then, point out how they have accomplished other goals on their own.
- Finally, name what your teen specifically did in order to accomplish this goal. This is important in building your teen's awareness of how effective they already are.



6 HELP TEEN REVISE GOALS TO BE SPECIFIC AND MEASURABLE

- Sometimes a goal involves someone else's decision. For example, "I want to make the track team" may ultimately depend on a coach's decision.
- Instead, help your teen identify the qualities and skills it would take for them to get onto the team.



7 EXPLAIN IT'S ABOUT THE JOURNEY NOT THE DESTINATION

- We don't want to teach our teens they can't be happy or satisfied NOW, and that they'll only be happy once they reach their goal.
- Explain to your teen they can be satisfied in all aspects of the goal-setting process. It is the process that can ultimately build a *growth mindset*.



8 HELP THEM SEE A DEEPER VALUE AND BENEFIT TO THEIR GOAL

- Goals are more likely to be achieved if one considers the "why" or purpose behind the goal. If we say to teens, "Clearly that's important to you. Tell me more about it," teens are more likely to open up.
- You can validate your teen's initial reason while helping them see a deeper value and a benefit to their goal.

