



GoZen!

# GROWTH MINDSET POSTERS



Get Free Printables Every Week at [GoZen.com/printables/](https://www.GoZen.com/printables/)

NOTHING

*is impossible*

THE WORD ITSELF

*says*

I'M  
POSSIBLE

+ AUDREY HEPBURN +

*if you find a*

PATH

*without any*

OBSTACLES

*it probably*

*doesn't lead*

ANYWHERE

MOST OF THE

IMPORTANT

things in the world

HAVE  
BEEN

ACCOMPLISHED

by people who have

→ KEPT ON

TRYING

• WHEN THERE SEEMED •

no hope at all

-DALE CARNEGIE

Believe  
you CAN

AND YOU'RE ALREADY

Halfway  
There

THE PASSION

FOR stretching

YOURSELF & to it, even (OR ESPECIALLY)

STICKING

WHEN IT'S NOT GOING WELL

is the HALLMARK

OF THE

growth mindset  
CAROL S. DWECK

ALL THINGS ARE

HARD

BEFORE THEY ARE

Easy

I DON'T DIVIDE  
THE WORLD

*into the*  
WEAK & THE  
**STRONG**

*or the*  
\*SUCCESSES\*  
& THE failures

I DIVIDE THE

WORLD

INTO THE

*learners*

&

*non-learners*

- BENJAMIN BARBER

First Attempt

F.A.I.L.

In Learning

THE  
GREATEST

NO MISTAKE NO

you can

MAKE IN LIFE

IS TO BE

CONTINUALLY

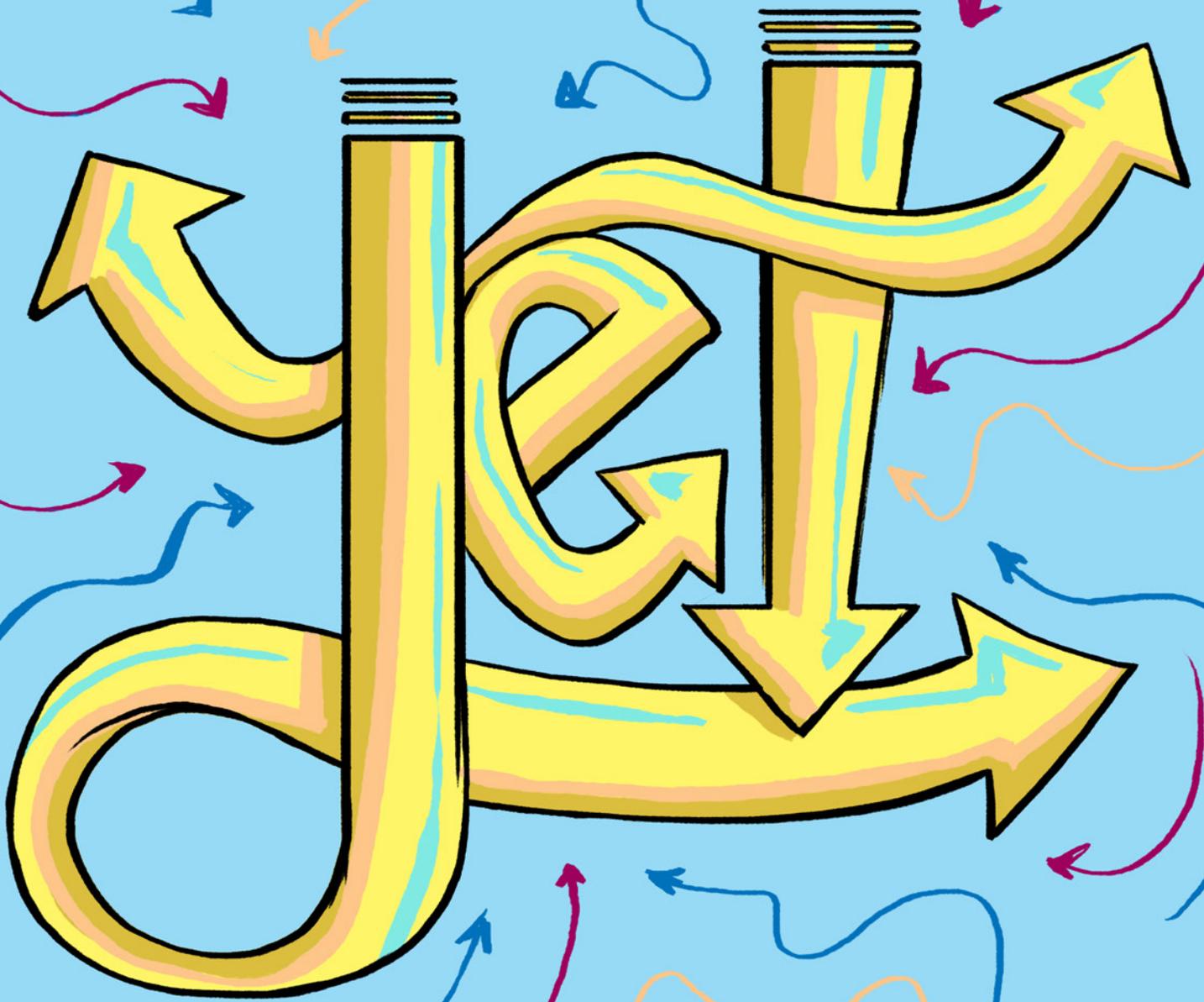
fearing you will

MAKE A

MISTAKE

elbert hubbard

I CAN'T DO IT...





## TERMS OF SHARING THE

1. Please do share these resources with friends and family by sharing this page: <https://gozen.com/printables/>
2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: <https://facebook.com/groups/scienceofhappinessforkids/>

# GoZen! Programs help kids **Manage Stress and Build Resilience**

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.



## GoZen! Anxiety/Stress Relief Program

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



## GoStrengths! Well-being + Resilience Program

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



## GoHackify! OCD Relief Program

5 Modules / 30 Animations / 110+ Minutes of video

Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamios step in to teach them how to combat their "Brain Spam" and take back control!



## GoToTheNow! Mindfulness Program

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



## GoPositive! Negative Thoughts Mini Program

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



## GoWave! Panic Attack Mini Program

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



## GoAction! Procrastination Relief Program

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!

Get Free Printables Every Week at [GoZen.com/printables/](https://www.gozen.com/printables/)