


# Growth Mindset

**Identify your strengths and improve  
self-esteem**





Have a  
positive  
attitude




Be  
self-aware



Learn from  
mistakes



Be  
curious



Seek and  
implement  
feedback



Take risks



# Growth Mindset



Embrace  
change



Be  
resilient



Embrace  
challenges



Be  
flexible



Be  
persistent

# ALL ABOUT ME

Name: \_\_\_\_\_

Nickname \_\_\_\_\_  
:

**Favorite Foods:**

**Favorite  
Hobby/Activity?**

**If you could have a superpower, what would it be?**

**Words that describe  
me:**

**My favorite memory:**

**Someone I look up to and why:**

# Finding My Purpose

**What activities or subjects make you feel excited and energized?**

**What skills or talents do you have that you enjoy using?**

**When do you feel most fulfilled and proud of yourself?**

# Finding My Purpose

**What issues or causes are you passionate about and why?**

**What would you like to be remembered for in the future?**

**How do you envision making a positive impact in the world or in your community?**

# My Core Values

Identifying your core values is important because they guide decision-making, help you understand your priorities and beliefs, aid in setting meaningful goals, and promote authentic happiness and fulfillment. Circle your core values below.

**Accountability**

**Empathy**

**Knowledge**

**Achievement**

**Enthusiasm**

**Leadership**

**Ambition**

**Excellence**

**Learning**

**Authenticity**

**Fairness**

**Love**

**Balance**

**Faith**

**Loyalty**

**Beauty**

**Family**

**Optimism**

**Bravery**

**Flexibility**

**Patience**

**Commitment**

**Freedom**

**Peace**

**Compassion**

**Friendship**

**Perseverance**

**Confidence**

**Generosity**

**Positivity**

**Connection**

**Growth**

**Respect**

**Consistency**

**Happiness**

**Responsibility**

**Cooperation**

**Harmony**

**Security**

**Creativity**

**Honesty**

**Service**

**Curiosity**

**Humility**

**Simplicity**

**Dependability**

**Inclusion**

**Spirituality**

**Determination**

**Independence**

**Strength**

**Diversity**

**Innovation**

**Teamwork**

**Joy**

**Integrity**

**Trust**

**Kindness**

**Justice**

**Wisdom**

# Exploring Values

As you examine the principles of those around you, including those you admire and respect, you can reflect on the origins of your own values. It's important to strive to embody your values actively, acknowledge them, and then implement them into your life.

**My Mother's values**

**My Father's values**

**Values of a person I respect**

**My personal values**

**My social values**

**My friend's values**

# Beneath the Surface

You possess a unique beauty, both inside and out. Take a moment to reflect on your personality, talents, how you relate to others, and your sense of self. Then, write down a few things you appreciate about yourself.

**I am at peace when..**

**What are your biggest strengths and talents?**

**What activities or hobbies make you feel most alive?**



# Beneath the Surface

You have a unique beauty, both inside and out. Take a moment to reflect on your personality, strengths, how you connect with others, and your sense of identity. Then, write down a few things you appreciate about yourself.

Things that make me laugh are..

What are your most cherished values in life?

What challenges have you overcome, and how have they shaped you?

# Discovering Myself

**What I like about me**

**Things I have overcome**

**Things that make me unique**

**My biggest accomplishments**

**Things I'm good at**

**I've helped others by...**

**Compliments I've received**

**I'm a good friend because...**

# My Achievements

You feel proud of an accomplishment because it represents your hard work and effort. Take a moment to list your achievements and the challenges you had to overcome to reach your goal.

**Accomplishment**

**What I had to overcome**

**Accomplishment**

**What I had to overcome**

**Accomplishment**

**What I had to overcome**

**Accomplishment**

**What I had to overcome**

# Finding My Purpose

Finding your passion is essential to help you grow and gain confidence and self-esteem.

When I was younger I loved...

I lose track of time when I am ...

Three people who inspire me the most are ...

If I knew I couldn't fail I would...

# My Strengths

**People that can identify their strengths and actively put them into action often show higher self-esteem, and confidence, stress less, and are in happier moods.**

**People who can identify their strengths and actively use them often have higher self-esteem and confidence, experience less stress, and maintain a happier mood.**

**Below, you can create a plan to put your strengths into action:**

**1. Rank Your Strengths:** List your strengths from 1 to 25, with 1 being your greatest strength. (There are five blank spaces to add your own unique strengths.)

**2. Create an Action Plan:** Write down specific ways you will demonstrate each strength.

**3. Take Action:** Put your plan into practice.

**4. Reflect on Your Experience:** Consider how using your strengths made you feel and what you learned from the experience.

Honesty	Curiosity	Gratitude	Teamwork	Supportive
Respect	Forgiveness	Leadership	Self-Care	Enthusiastic
Compassionate	Loyal	Patient	Fair	Optimistic
Mindful	Confident	Appreciation of nature	Brave	Motivated

Day	Strength	Plan
1	Kindness	Tomorrow I will give my friend a compliment.
2	Mindful	I will practice mindfulness by listening to people's conversations and not distracting myself with my phone or the people around me.
3	Appreciation of nature	On Saturday I will go for a walk outside.

**The key is to intentionally and purposefully focus on the strengths you ranked lowest, working to make them a natural part of your habits and routine.**

# My Strengths Goals

Day	Strength	Goal
1		
2		
3		
4		
5		
6		
7		
8		
9		
1		
0		
11		
12		
13		
14		
15		
16		

# SELF-ESTEEM JOURNAL

**What I love about  
myself**



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**Others say I'm  
good at**



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**What is unique  
about me**



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# Positive Self-Talk

I believe in myself.

I am capable of managing whatever challenges come my way.

I am worthy of love and respect.

I am proud of my achievements.

I am constantly growing and improving.

I am enough just as I am.

I am deserving of happiness.

I trust my intuition.

I am confident in my abilities.

I believe in myself.

I am resilient and can overcome challenges.

I have the power to create positive change.



# Positive Self-Talk



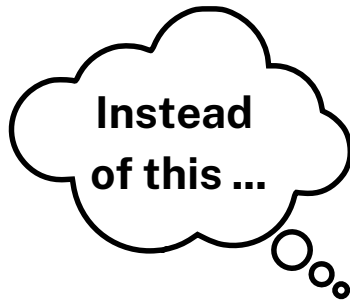
# Positive Experiences

Write about a time when you displayed these positive qualities.

Kindness	
Responsibility	
Perseverance	
Honesty	
Respectfulness	
Creativity	
Confidence	
Patience	

# Growth Mindset

Success begins with changing your thoughts



**I already know it all**



**I want to learn**

**I give up easily**

**I learn from others**

**I ignore useful feedback**

**I welcome and learn from feedback**

**I can't change how smart I was born**

**I can train my brain**

**I don't need to practice**

**I will keep trying**

**I'll never be good at this**

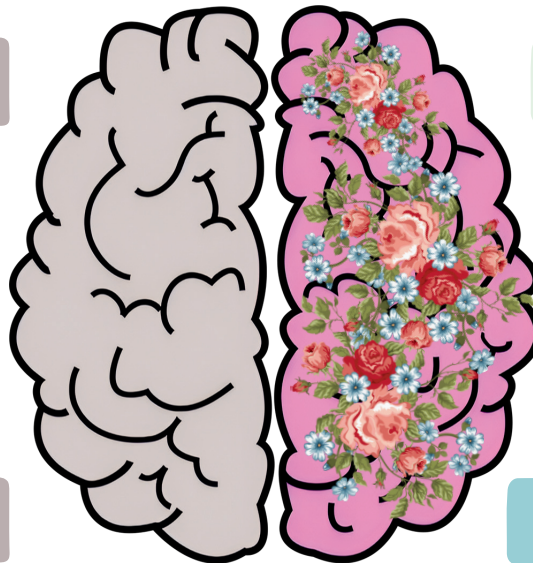
**I can work hard to get better at something**

**Mistakes are bad so I avoid them**

**Mistakes are learning opportunities**

**I avoid things that require effort**

**I want to be challenged**



# SELF-CARE IDEAS

FOR YOUR MENTAL HEALTH



Take a bath or shower



Listen to calming music



Write in a journal or diary



Spend time outdoors



Do yoga or stretching



Enjoy a warm beverage



Meditate



Watch a favorite movie or series



Take a nap



Read a book



Be creative,  
i.e. paint, knit



Reach out to a  
supportive friend

# SELF-CARE IDEAS

CHOOSE YOUR FAVORITE OF THE DAY



Take a bath  
or shower



Listen to  
calming  
music



Write in a  
journal or  
diary



Spend time  
outdoors



Do yoga or  
gentle  
stretching



Enjoy a warm  
beverage



Take a  
nap



Watch a  
favorite movie  
or series



Reach out to  
a supportive  
friend



Read a book



Be creative,  
i.e. paint,  
knit, crochet



Meditate