

# Growth Mindset Journal

Use this journal to reframe challenges and strengthen your growth mindset through reflection.

## Daily Challenge Reflection

Describe a situation that felt difficult, frustrating, or challenging today:

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## Fixed Mindset Thought (if any)

Write down any unhelpful self-talk that came up:

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## Growth Mindset Reframe

Now reframe that thought using a growth mindset:

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## What Did You Learn or Practice?

Reflect on a takeaway or learning from the experience:

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## One Step Forward

What's one action you'll take next time?

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Each reflection strengthens your mindset,  
one thought at a time.

