



# BOUNCING BACK FROM SETBACKS EXERCISE

## MINDSET

### *makeover time*

A growth mindset is the belief that one's abilities can be developed through dedication and hard work. Individuals with a growth mindset embrace challenges, learn from criticism, and persist in the face of setbacks.

For each fixed mindset statement identified, rewrite the statement with a growth mindset perspective. Consider how you can reframe the statement to emphasize effort and learning.

#### FIXED MINDSET STATEMENT

"I'll never be able to learn a new language."

"I failed the test, so I must not be smart enough."

"I'm too old to try something new."

"I'm not talented like others, so there's no point in trying."

"I've never been good with technology, so I'll never understand how to use these new gadgets."

#### GROWTH MINDSET STATEMENT

"Learning a new language may be challenging, but I believe in my ability to learn and grow through consistent practice and dedication."

What can you do to focus on what you're learning, rather than just getting things right?



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# TOOLBOX

## tango

Think of activities that uplift you, like journaling or listening to music. Try at least three new ones from the list below. Reflect on their impact on coping with stress. Finally, choose your favorites to incorporate into your routine for resilience building.

### Journaling

Listening to Music

Going for Walk in Nature

Practicing Mindfulness

Painting or Crafting

Spending Time with Loved Ones

Exercise or Physical Activity

Reading Uplifting Books or Quotes

Cooking or Baking

Gardening or Spending Time Outdoors

Choose at least three activities from your list that you haven't tried before or haven't practiced recently.

How did each activity make you feel?  
Did any surprise you with their effectiveness?



Which activities do you think will be most helpful for you in coping with future challenges?



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# REBOUND

## reel adventure

Close your eyes and imagine encountering a past setback. Feel the frustration or disappointment. Now, envision yourself taking a deep breath, reminding yourself of your resilience. Imagine breaking down the problem into smaller manageable steps, and see yourself tackling each one with determination. Picture the support from loved ones, and visualize the feeling of pride as you overcome the setback and achieve success. Finally, affirm your resilience with a mantra, such as "I am strong, capable, and resilient."



**Reflect on the potential strengths or resources you discovered within yourself through the visualization. How might you nurture or leverage these strengths moving forward?**