

## Mindset Shift Activity: What Should You Tell Yourself?

Read the statements on the left and reflect on whether you've had similar thoughts. Replace these limiting thoughts with the growth mindset alternatives on the right. Practice this shift in thinking daily to enhance your mental growth and resilience.

<b>Instead of Thinking...</b>	<b>Try Thinking...</b>
I can't stop overthinking this.	I will focus on what I can control now.
Change is too scary for me.	Change brings new opportunities to grow.
I wish I could go back to the past.	I am learning from the past for a better future.
I need to make everyone happy.	My well-being matters, too. It's okay to say no.
I hate disagreements.	Disagreements help me see new perspectives.
I already know enough.	There's always something new to learn.
I'm so far behind everyone else.	My journey is unique, and I'm making progress.
I have to sacrifice my happiness.	Prioritizing my happiness helps me grow stronger.