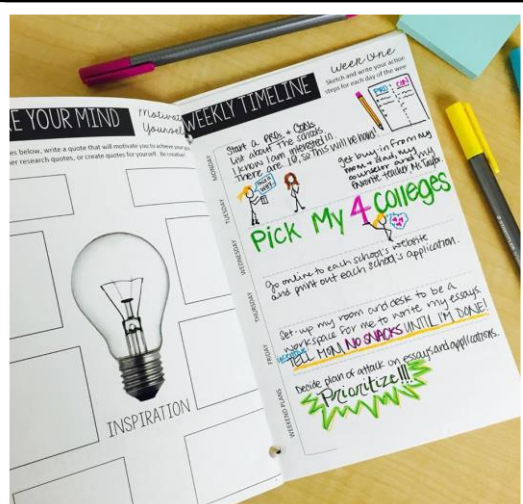
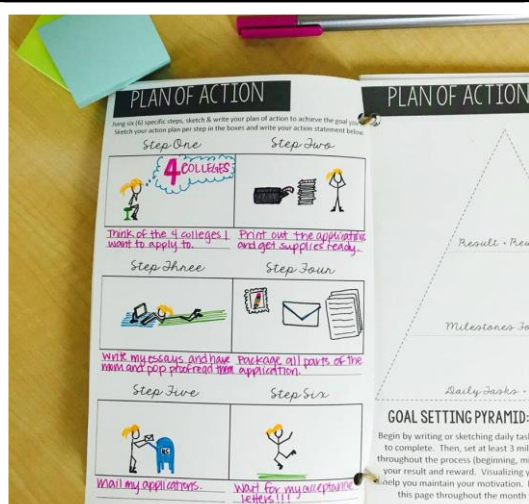
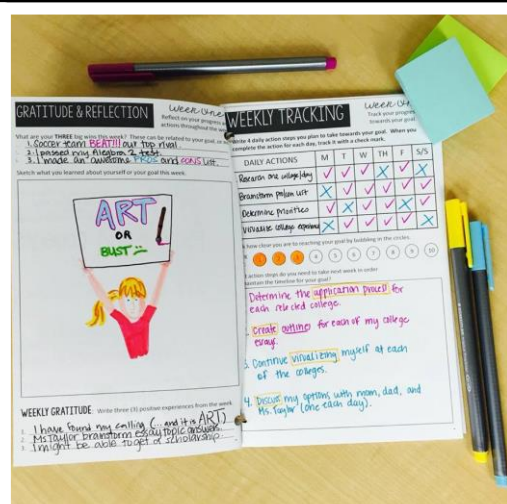
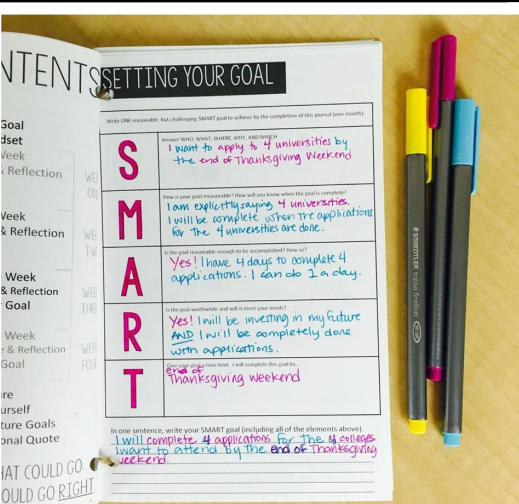


GROWTH MINDSET JOURNAL

For Teens

- ✓ WEEKLY TRACKING PAGES
- ✓ SMART GOAL PLANNING
- ✓ INSPIRATIONAL WRITING PAGES
- ✓ DAILY PROGRESS PAGES
- ✓ REFLECTION

“Help students achieve one **SMART** goal in the course of a month by documenting and tracking their progress in a growth journal!”



CONTENTS SETTING YOUR GOAL

Write ONE reasonable, but challenging SMART goal to achieve by the completion of this journal (one month).

S Answer WHO, WHAT, WHERE, WHY, AND WHICH
I want to apply to 4 universities by the end of Thanksgiving Weekend

M How is your goal measurable? How will you know when the goal is complete?
I am explicitly saying 4 universities. I will be complete when the applications for the 4 universities are done.

A Is the goal reasonable enough to be accomplished? How so?
Yes! I have 4 days to complete 4 applications. I can do 1 a day.

R Is the goal worthwhile and will it meet your needs?
Yes! I will be investing in my future AND I will be completely done with applications.

T Give your goal a time limit. I will complete this goal by...
end of Thanksgiving weekend

In one sentence, write your SMART goal (including all of the elements above).
I will complete 4 applications for the 4 colleges I want to attend by the end of Thanksgiving weekend.

WHAT COULD GO WRONG? WHAT COULD GO RIGHT?

Welcome!

You have entered your growth journal. This growth journal is meant to help you achieve one, specific goal in a month's time. If you work hard on your journal, put forth the necessary effort towards mapping and reaching your goal, and persevere, you will succeed. I challenge you to give yourself a goal to reach that will grow your mind. As you are completing your journal, there are a few things you should keep in mind:

1. Set a SMART goal (Specific, Measurable, Attainable, Relevant, and Time Bound).
2. Be DETAILED in your reflection and tracking.
3. Motivate yourself intrinsically to complete the goal.
4. Share your goal with someone you trust. They will help hold you accountable.

If you keep these things in mind, this journal can potentially be fail-proof. Remember, having a growth mindset requires you to challenge yourself, put forth effort, and persevere through any obstacles. If you think you can do it, then you can.

"I HAVEN'T FAILED. I'VE JUST FOUND 10,000 WAYS THAT WON'T WORK."
-Thomas Edison

GRATITUDE & REFLECTION

Week Three
Reflect on your progress and actions throughout the week.

What are your THREE big wins this week? These can be related to your goal, or not.

1. _____
2. _____
3. _____

Sketch what you learned about yourself or your goal this week.

WEEKLY GRATITUDE: Write three (3) positive experiences from the week.

1. _____
2. _____
3. _____

WEEKLY TRACKING

Week Two
Track your progress towards your goal.

Write 4 daily action steps you plan to take towards your goal. When you complete the action for each day, track it with a check mark.

DAILY ACTIONS	M	T	W	TH	F	S/S
1. _____						
2. _____						
3. _____						
4. _____						

Track how close you are to your goal.

WEEK TWO: (1) (2)

What action steps do you plan to maintain the momentum?

WEEKLY GRATITUDE: Write three (3) positive experiences from the week.

1. _____
2. _____
3. _____

PLAN OF ACTION

Using six (6) specific steps, sketch & write your plan of action to achieve the goal you've set. Sketch your action plan per step in the boxes and write your action statement below.

Step One
 4 COLLEGES
Think of the 4 colleges I want to apply to.

Step Two
 Print out the applications and get supplies ready.

Step Three
 Write my essays and have my mom and pop proofread them.

Step Four
 Package all parts of the application.

Step Five
 Mail my applications.

Step Six
 Wait for my acceptance letters!!!

PLAN OF ACTION

GOAL SETTING PYRAMID: VISUALIZATION

Begin by writing or sketching daily tasks and actions that you need to complete. Then, set at least 3 milestones that you can reach throughout the process (beginning, middle, and end). Lastly, Write your result and reward. Visualizing your goal and its reward will help you maintain your motivation. Don't forget to refer back to this page throughout the month to see if you're on track.

Result + Reward

Milestones For Goal

Daily Tasks + Actions


Encourage your students to **persevere** by gifting them this journal. The purpose of the journal is to help students achieve one specific goal in exactly **one month!** The journal includes 16 pages (32 pages once they are folded) with four weeks of **progress tracking.**

GRATITUDE & REFLECTION Week One
Reflect on your progress & actions throughout the week.

What are your **THREE** big wins this week? These can be related to your goal, or not.

1. Soccer team **BEAT!!!** our top rival.
2. I passed my Algebra 2 test.
3. I made an awesome **PROS** and **CONS** list.

Sketch what you learned about yourself or your goal this week.



WEEKLY GRATITUDE: Write three (3) positive experiences from the week.

1. I have found my calling (...and it is ART)
2. Ms Taylor brainstormed essay topic answers.
3. I might be able to get a scholarship.

WEEKLY TRACKING Week One
Track your progress towards your goal. When you complete the action for each day, track it with a check mark.

DAILY ACTIONS	M	T	W	TH	F	S/S
Research one college/day	✓	✓	✓	✗	✓	✗
Brainstorm pros/cons list	✗	✓	✓	✓	✓	✓
Determine priorities	✓	✗	✓	✓	✗	✓
Visualize college experience	✗	✓	✓	✓	✓	✗

How close you are to reaching your goal by bubbling in the circles.

1 2 3 4 5 6 7 8 9 10

What action steps do you need to take next week in order to maintain the timeline for your goal?

1. Determine the **application process** for each selected college.
2. Create **outlines** for each of my college essays.
3. Continue **visualizing** myself at each of the colleges.
4. Discuss my options with mom, dad, and Ms. Taylor (one each day).

INSPIRE YOUR MIND Motivate Yourself

Choose a quote below, write a quote that will motivate you to achieve your goal, or either research quotes, or create quotes for yourself. Be creative!

WEEKLY TIMELINE Week One
Sketch and write your action steps for each day of the week.

Start a **PROS + CONS** list about the schools I know I am interested in. There are 10, so this will be hard!

get buy-in from my mom + dad, my counselor and my favorite teacher, Ms Taylor.


PICK MY 4 COLLEGES

Go online to each school's website and print out each school's application.

Set up my room and desk to be a workspace for me to write my essays. **TELL MOM NO SNACKS UNTIL I'M DONE!**

Decide plan of attack on essays and applications. **Prioritize!!!**

INSPIRATION



PLAN OF ACTION

Write 6 specific steps, sketch & write your plan of action to achieve the goal you set. Write your action plan per step in the boxes and write your action statement below.

Step One: **4 COLLEGES**

Step Two: **Print out the applications and get supplies ready.**

Step Three: **Apply to the 4 colleges I am interested in.**

Step Four: **Package all parts of the application.**

Step Five: **Submit my essays and have them proofread.**

Step Six: **Wait for my acceptance letters!!!**

GOAL SETTING PYRAMID: VISUALIZATION

Begin by writing or sketching daily tasks and actions that you need to complete. Then, set at least 3 milestones that you can reach throughout the process (beginning, middle, and end). Lastly, Write your result and reward. Visualizing your goal and its reward will help you maintain your motivation. Don't forget to refer back to this page throughout the month to see if you're on track.

