

Building Resilience & Positive Mindset

Gratitude & Growth

GRATITUDE JOURNALING

2-Minute Weekly Check-In

Take a minute at the end of each week to write:

1. What's one thing you accomplished this week? _____

2. What's something that made you smile? _____

Did You Know?

Taking time to notice good things can actually change your brain to spot more positives in your life!

Why It Matters:

Practicing gratitude boosts positive emotions, reduces stress, and strengthens overall mental health.

POSITIVE SELF-AFFIRMATION

Mirror Affirmation Activity

Place positive statements where you'll see them daily, like:

"I learn something from every challenge."

"My effort matters."

"Small steps lead to big changes."

Create your own: _____

Reflection Question:

How do these affirmations help change the way you talk to yourself?

Why It Matters:

Positive affirmations help train your mind to believe in your strengths, making it easier to stay confident.



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Courage Building

PROGRESSIVE COURAGE EXERCISE

Level 1 Challenges (Beginner):

- Participate or speak up, respectfully in class this week. Yes No
- Start a conversation with someone new. Yes No
- Try one thing outside your comfort zone. Yes No

Level 2 Challenges (Intermediate):

- Share an opinion respectfully, even if it's different. Yes No
- Ask for help when you need it. Yes No
- Support someone who is having a hard time. Yes No

Level 3 Challenges (Advanced):

- Speak in front of a group. Yes No
- Have a difficult but important conversation. Yes No
- Step out of your comfort zone in a big way.
Take on a leadership role (like leading a project or club activity). Yes No

Did You Know?

Every time you practice courage—even in small ways—you make it easier to be brave next time.

Why It Matters:

Courage grows stronger each time you choose to face a fear or take a positive risk.



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Resilience Development

THE 3 R'S OF RESILIENCE

1. Recognize Challenges:

- Notice difficult emotions (when you're feeling stressed or upset).
- Name the specific challenge.
- Remember, setbacks are part of growth.

2. Respond Constructively:

- Take a deep breath.
- Focus on what you can control.
- Take one small positive step forward.

3. Rebuild Stronger:

- Think: "What did I learn?"
- Consider: "How am I stronger now?"
- Remember this feeling for next time

Remember:

- "This challenge is temporary."
- "Each difficult moment helps me grow."
- "It's not about falling; it's about getting back up."

Celebrating Progress:

- Acknowledge effort, not just outcomes.
- Recognize personal growth in courage and resilience.
- Reflect on how challenges contribute to development.



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Cheat Sheet: Stay Calm, Stay Strong

1. CIRCLE OF CONTROL

Focus on what you can control instead of stressing about what you can't.

How To Use It:

Draw two circles (one inside the other).

- **Inner circle** = Things you **CAN** control (your actions, your attitude, your effort).
- **Outer circle** = Things you **CAN'T** control (other people's choices, weather, past events).

Quick Tip: Focus your energy on the inner circle.



2. FIVE SENSES

A simple way to calm your mind by using your senses.

How To Use It:

- 5 things you can **SEE**
- 4 things you can **TOUCH**
- 3 things you can **HEAR**
- 2 things you can **SMELL**
- 1 thing you can **TASTE**

Quick Tip: If you cannot smell or taste anything, think of a favorite scent or food.

3. BOX BREATHING

A breathing method to calm your mind and sharpen your focus.

How To Use It:

- Breathe in (through nose) for 4 counts**
- Hold your breath for 4 counts**
- Exhale (through mouth) for 4 counts**
- Hold your breath again for 4 counts**
- Repeat 3–5 times**

Quick Tip: Picture tracing a box in the air or in your mind while you breathe — one side for each step!

You've got this! Small steps = big changes.