GROWING SELF-CONFIDENT CHILDREN THROUGH
GOAL SETTING AND GROWTH MINDSET:
MODULE 3

## How can you model a growth mindset?

Think about your own mindset and how you respond or deal with the problems you face every day. Then consider how your methods model a growth mindset or how you can change how you respond to model something more positive.

What can you do to model a positive response to challenges?

How is this different from what you already do?