



Lesson Eight: Growth mind-set



Find someone else in the room. Ask them these questions and write down their answers. Could they improve on their growth mind-set? Feedback to them!

How have you challenged yourself this week?	
What did you do or say when things got hard?	
What challenging goal are you going to set yourself?	
How are you going to get there?	
Can you name one person in your life that has a growth mind-set?	
What do they say or do when things get hard?	