



2019

**MY GROWTH MINDSET**  
*year*

Printables for children  
by Big Life Journal

[biglifejournal.com](http://biglifejournal.com)

## DISCLAIMER

These printables are for **non-commercial use only**. You can not resell or distribute any part of this document for any form of compensation.

If you would like to use these printables as part of a class or practice you charge for, you must purchase a **professional license**. Please reach out to [support@biglifejournal.com](mailto:support@biglifejournal.com) for more information.

Each license (one purchase) is valid for one educator/classroom with 1-35 students or one family.

You can print **up to 35 copies** of this file. For more copies, please purchase additional licenses.

**This PDF may NOT be distributed or shared with others.**

If someone would like a copy, kindly direct them to our website [www.biglifejournal.com](http://www.biglifejournal.com).

Title and ownership of all prints remain with Big Life Journal.

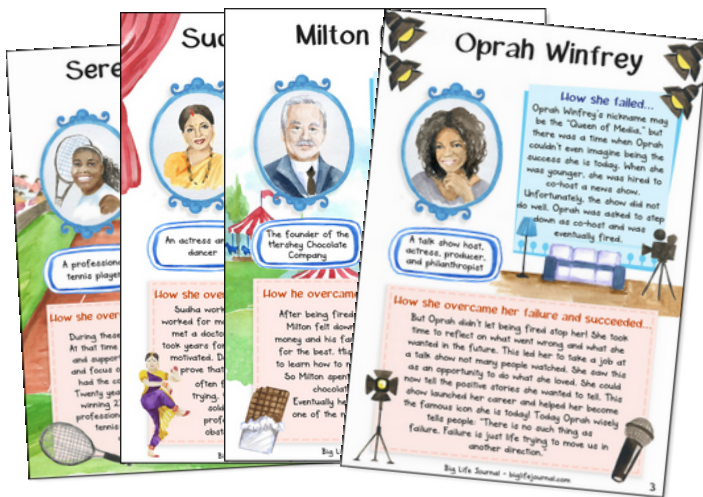
Thank you!

# GROWTH MINDSET

## printables

by Big Life Journal

For the complete collection of Big Life Journal products, [click here.](#)



## FAMOUS FAILURES

These printables help kids overcome the fear of failure. Each page highlights a famous person who failed before they succeeded. Kids learn that failures are important stepping stones to success.

[Click here to learn more.](#)

## CHALLENGES KIT

This set of beautiful pages includes activities which promote growth mindset, positivity, gratitude, and self-love. Each challenge is five to seven days long and easy and fun to complete. Your kids will be looking forward to the next day to work on the next task!

[Click here to learn more.](#)



# MY WONDERFUL 2018

A NEW THING I **LEARNED**



A NEW ACTIVITY I **TRIED**



SOMETHING THAT WAS **HARD** AT THE  
START OF THE YEAR BUT IS **EASY** NOW



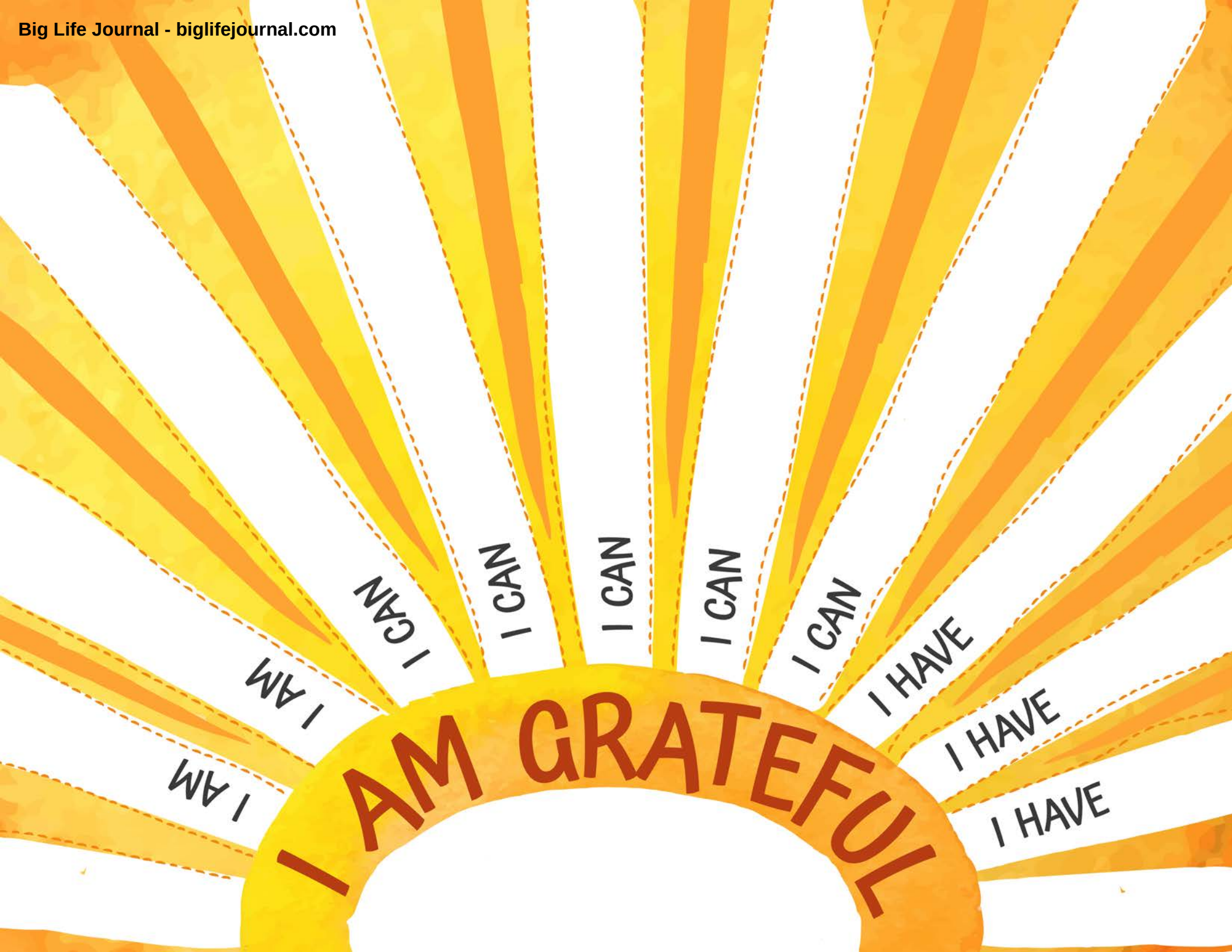
SOMETHING I GOT  
**BETTER** AT



SOMETHING I HAVEN'T  
LEARNED HOW TO DO **YET**







I AM GRATEFUL

I AM  
I AM  
I AM  
I CAN  
I CAN  
I CAN  
I CAN  
I CAN  
I HAVE  
I HAVE  
I HAVE

# I CAN MAKE A DIFFERENCE IN THE WORLD

HOW I HELPED  
A FRIEND

HOW I HELPED  
A FAMILY MEMBER

HOW I HELPED  
A STRANGER

HOW I HELPED  
THE PLANET





# MY YEAR OF **KINDNESS**

5 WAYS I CAN SHOW KINDNESS IN **2019**

1. ....

2. ....

3. ....

4. ....

5. ....



"BE KIND WHENEVER POSSIBLE.  
IT IS ALWAYS POSSIBLE."

-Dalai Lama



# In the NEW YEAR, I will do

**MORE**

**LESS**

\_\_\_\_\_

\_\_\_\_\_

laughing

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

being kind

\_\_\_\_\_

complaining

\_\_\_\_\_

\_\_\_\_\_

criticizing

\_\_\_\_\_

\_\_\_\_\_

★ Strive for PROGRESS, not perfection! ★



# MY 2019 GOALS THINK SHEET

1 THING I WANT TO **GET BETTER** AT

.....



2 NEW THINGS I WANT TO **TRY**



.....

.....

3 THINGS I WANT TO **LEARN** ABOUT

.....

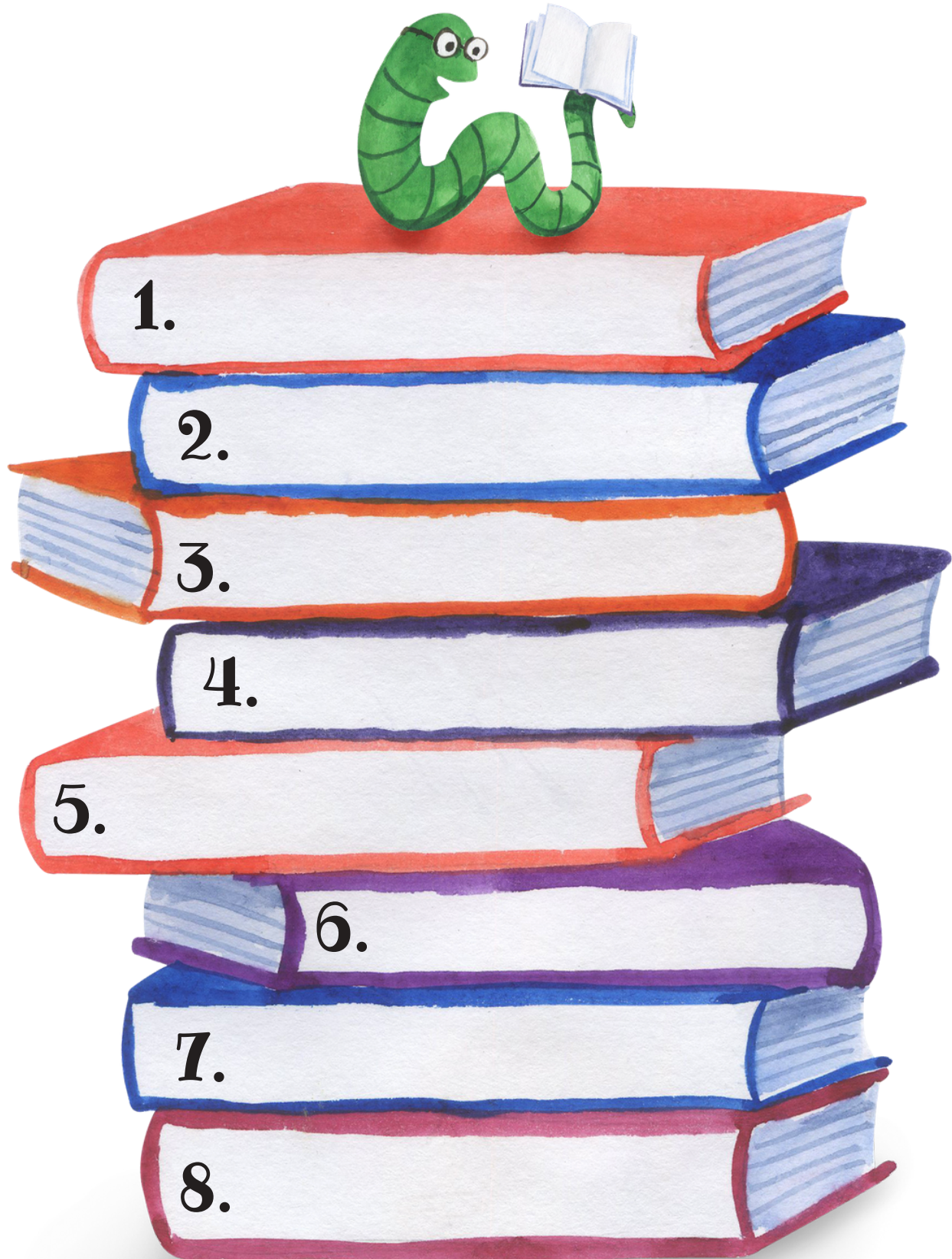
.....

.....



# BOOKS

*I will read in the* **NEW YEAR**





# OUR 2019 FAMILY PLAN

## BUCKET LIST

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## OUR FAMILY MOTTO

★ \_\_\_\_\_ ★

## OUR WORD OF THE YEAR



## CONTRIBUTION

HOW WILL WE MAKE A DIFFERENCE?

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

# WORD OF THE YEAR

## IDEAS

Determined

Focus

Love

Grateful

Peace

Progress

Hope

Abundance

Enough

Worthy

Powerful

Pause

Extraordinary

Acceptance

Dream

Balance

Inspired

Contribution

Fearless

Grounded

Achieve

Learn

Valuable

Now

Yes

Confidence

Brave

Bliss

Bloom

Listen

Playful

Health

Growth

Mindset

Change

Strength

Purpose

Attention

Generosity

Mindfulness

Self-love

Create

Expansion

Self-care

Light

Adventure

Grace

Enjoy

Believe

Family

Trust

Connect

Persevere

Minimalism



# 30

## Ways to MAKE A DIFFERENCE

1. Volunteer at a food bank (e.g., unpacking, sorting)
2. Visit the elderly at a local extended care home
3. Bake and deliver cookies to the neighbors, police station, fire station, etc.
4. Drop off presents during toy drives
5. Donate things to a local thrift store
6. Take a walk around the park or neighborhood and pick up garbage
7. Hold doors for others
8. Say good morning to people on the street, in a shop, etc.
9. Make cards and drawings for nursing homes
10. Organize a lemonade stand for charity
11. Bake cookies and sell for charity
12. Organize a clothing or book drive
13. Adopt a nursing home resident "grandparent" and visit regularly
14. Read stories to the dogs in a local animal adoption shelter
15. Make blankets for refugees
16. Volunteer at a community garden
17. Donate old stuffed toys and blankets to a dog rescue center
18. Donate food to the food collection bins in the supermarket
19. Pledge your birthdays to Charity:Water
20. Make thank-you cards for soldiers, firemen, policemen, nurses, mail carrier, etc.
21. Bring reusable bags every time you shop
22. Collect hygiene items for the local homeless shelter
23. Donate socks/gloves/hats for homeless
24. Deliver Thanksgiving meals
25. Adopt a family for Thanksgiving
26. Volunteer at a local toy library (US)
27. Volunteer at National Tree Day events (Australia)
28. Deliver Meals on Wheels (US)
29. Volunteer at Feed My Starving Children (US)
30. Volunteer for Project Giving Kids (US)





# 10 WAYS TO PROTECT OUR PLANET

---

1. Buy fewer things
2. Reuse before recycling
3. Use reusable bags when shopping
4. Conserve water
5. Walk, cycle, or take public transportation
6. Eat organic when possible
7. Line dry your clothes
8. Use less air conditioning and heat
9. Use glass instead of plastic
10. Encourage others to do the same



YOU CAN MAKE A DIFFERENCE!





Fun

# GOAL-SETTING

# ACTIVITIES

for families

by Big Life Journal

1

## MAKE A FAMILY BUCKET LIST

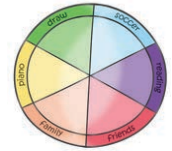
- Gather your family together, grab a piece of paper and some markers.
- Brainstorm a list of accomplishments, experiences, or achievement goals.
- At the end of the year, you can look back over all of the things your family has accomplished!
- Encourage teens to use online tools such as Trello and Evernote to help create the family bucket list or to make one for themselves.



2

## DRAW A WHEEL OF FORTUNE

- Draw a wheel divided into segments, much like what you would do with a pizza.
- On each segment, write important categories in life: Family, Friends, School, etc.
- For each category, each participant will write out goals they would like to accomplish in a set period of time.
- Color and decorate the wheel, then hang it somewhere prominent.



3

## CREATE A VISION BOARD

- Take some old magazines and cut out pictures that represent your hopes and dreams.
- Paste these pictures onto a piece of poster board and decorate with colors, glitter, stickers, etc.
- Ask your child what different pictures represent and how she plans to achieve her dreams.



4

## PLAY 3 STARS AND A WISH

- First, come up with 3 "Stars," or things you do well. This can be anything from running fast to comforting friends when they're feeling sad.
- Next, discuss together HOW you became so good at these "Stars."
- Next, come up with a "Wish." The "Wish" is something you need to work on (a goal).



5

## ASK FUN QUESTIONS

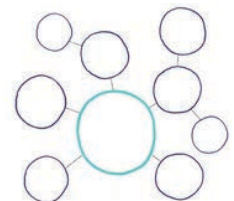
- Ask, "What would you do if you won the lottery? If you had a superpower, how would you use it?"
- Discuss that they can take their fate into their own hands by making a plan to achieve their hopes, goals, and dreams.



6

## INTEREST MAPS

- Older kids can learn a lot about themselves by paying attention to their interests.
- Do they like art or science or writing or sports? Write down all their favorite interests.
- See if they can find patterns in the things they enjoy doing.
- Once they see their interests mapped out, they can create goals.

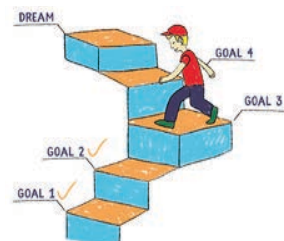


7

## GOAL LADDERS

- Using a stair-step visual for goal-setting, older kids can break down their goals into doable steps. Follow this simple method:

- Write down your **DREAM** at the top of the staircase.
- Write down your **FIRST GOAL** at the very bottom of the staircase and the first action towards that goal.
- Create your **SECOND GOAL** and the first action towards it.
- Create your **THIRD GOAL** and the first actions towards it.
- Continue "**CLIMBING**" the stairs. Add dates, drawings, anything that helps motivate you.



# OUR FAMILY GOALS

FOR 2019

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_





# FAMILY GOALS

## 25 fun & simple ideas

### HEALTH & SELF-CARE

- ★ Do a weekly family walk/hike
- ★ Plant a garden
- ★ Plan family fun days to play and relax together
- ★ Drink eight glasses of water daily
- ★ Set a schedule for computer, phones, and video games
- ★ Have device-free dinners together

### RELATIONSHIPS

- ★ Write letters to family members who live far
- ★ Try a new family recipe each month
- ★ Start a new family tradition
- ★ Have a monthly family meeting
- ★ Plan and host a family reunion
- ★ Create a family manifesto
- ★ Take a family portrait to hang on the wall

### GROWTH

- ★ Set weekly Growth Mindset time
- ★ Create a book nook
- ★ Take a class together (e.g., cooking, wood carving)
- ★ Learn a new skill (e.g., origami, juggling, drawing)
- ★ Create a family vision board
- ★ Schedule regular library visits

### ADVENTURE

- ★ Try one new thing each month
- ★ Take a nature survival or wilderness course together
- ★ Do horseback riding
- ★ Visit a new playground monthly
- ★ Create an obstacle course in the backyard
- ★ Create a Treasure Hunt



# GROWTH MINDSET

## *Encouragement Notes*

FOR CHILDREN

USE WITH:

*Elf on the Shelf  
Advent Calendar  
A lunchbox*

**YOU CAN DO  
HARD  
THINGS!**



Challenges make  
you **STRONGER!**



*You grow your  
brain every  
time you learn!*



**Be proud of  
your  
PERSISTENCE!**



**MISTAKES HELP  
YOU LEARN AND  
GROW!**



With great  
**EFFORT**, you  
will achieve  
great results!





*You spread  
kindness!*



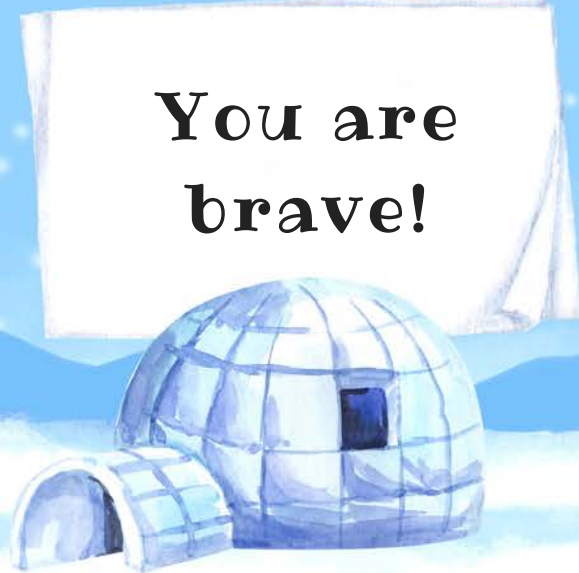
**WHEN YOU DON'T  
SUCCEED, YOU TRY  
AGAIN!**



*Learning is  
your  
superpower!*



**You are  
brave!**



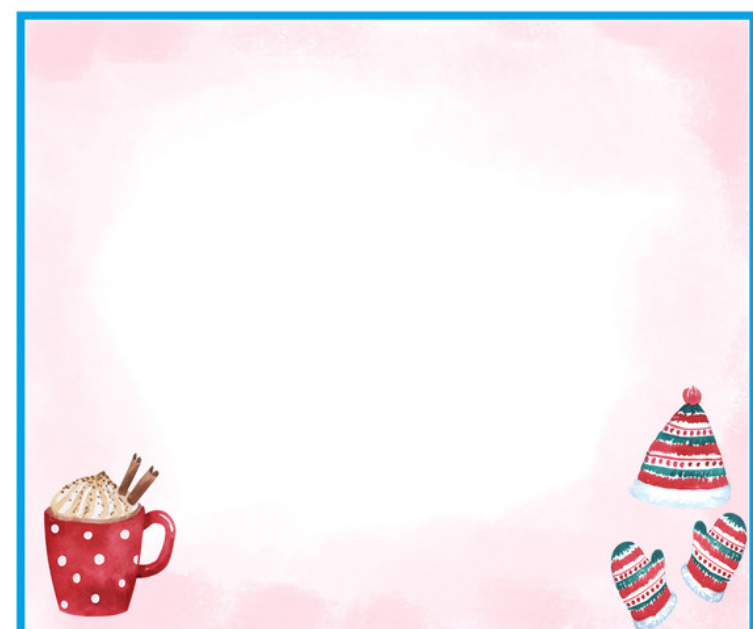
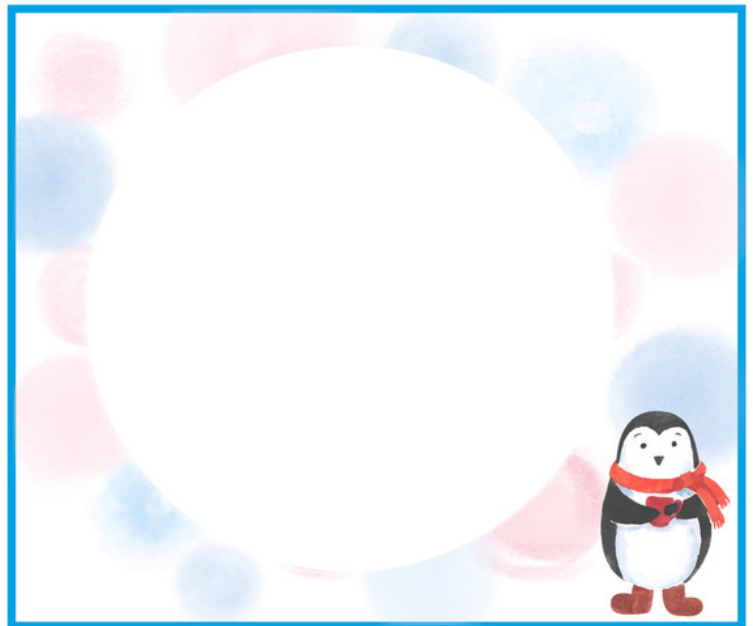
***You strive  
to do your  
best!***



**You are a  
problem  
solver!**







# ★ MY HOLIDAY WISH LIST ★



**something I WANT**

---

---

---

**something I NEED**

---

---

---

**my favorite color**

**my favorite activity**

**my favorite store**

**my favorite food**

**something to READ**

---

---

---

**something to GIVE**

---

---

---



I keep:  
GOING  
until  
I am  
PROUD.



I am

Kind and

I do my

best.

I CAN

AND

I WILL

[FAIL]

First.

Attempt

IN

Learning





there's always  
ROOM  
for me more

