

Takeaway Sheet: Building a Resilient Mindset in Everyday Life

Mindset - Week 3: 12-15-25

Learn how to manage setbacks with a growth mindset

- Give yourself grace when things go sideways.
- Focus on what you're learning, not just what went wrong.
- Progress isn't always visible—but it's happening.

Practice reframing challenges as learning moments

- Ask, “What can this teach me?”
- Small shifts in thought can lead to big shifts in growth.
- Every challenge holds an opportunity, even if it's tiny.

Shift from “Why me?” to “What’s next?”

- “What’s next?” brings action and hope into the room.
- This shift doesn't dismiss the pain—it creates momentum.
- Forward is forward, even if it's one small step.

Understand that mindset isn't about ignoring hard things—it's about navigating them differently

- A strong mindset gives you tools, not denial.
- It's okay to feel—it's also okay to move forward.
- Your mindset can be your soft place to land and your spark to rise.