GOAL SETTING & GROWTH MINDSET

Fixed Mindset → Growth Mindset

FIXED MINDSET		GROWTH MINDSET
I CAN'T DO THIS	→	I'M STILL LEARNING
I'M NOT GOOD AT THIS	→	WHAT AM I MISSING?
I MADE A MISTAKE	→	MISTAKES HELP ME LEARN
I'LL NEVER BE GOOD ENOUGH	→	I'M DOING MY BEST
THEY'RE BETTER THAN ME	→	WHAT CAN I LEARN FROM THEM?

Starting the Year with Purpose

A new year is a fresh opportunity to reflect, reset, and move forward with intention. Goal setting helps us turn our hopes into plans and our plans into action. When we set meaningful goals, we feel more motivated, confident, and in control of our future.

Goals do not have to be big to be powerful. Small, consistent steps can lead to lasting change, it takes time and practice to build new habits, and progress— not perfection— is what truly matters.
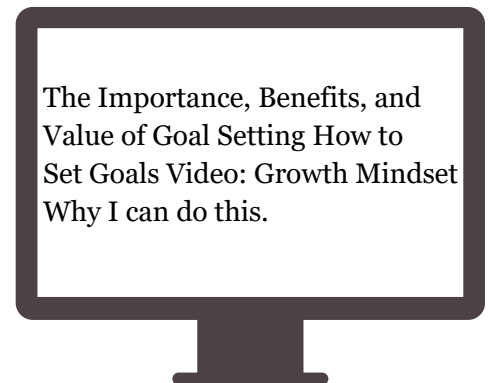
Why Goal Setting Matters

Setting goals can help you:
- Stay focused on what is important to you
- Build new habits and routines
- Increase motivation and confidence
- Track your progress and celebrate growth
- Learn from challenges and setbacks

Every goal you set is a chance to learn more about yourself and your strengths.

The Importance, Benefits, and Value of Goal Setting How to Set Goals Video: Growth Mindset Why I can do this.

Try using the SMART approach:

Ask yourself: Why is this goal important to me? Purpose makes goals more meaningful.

Growth Mindset Reminders

A growth mindset means believing that abilities and intelligence can grow with effort, practice, and support.

Growth Mindset Strategies:
- View challenges as opportunities to learn
- Focus on effort, not just results
- Understand that mistakes are part of learning
- Accept constructive feedback
- Practice patience with yourself
- Set new goals as you reach milestones
- Remember: success takes time

Progress happens when we keep going, even when things feel hard.

For support, goal-setting help, or wellness resources, visit the Wellness Center or reach out to your school counselor.