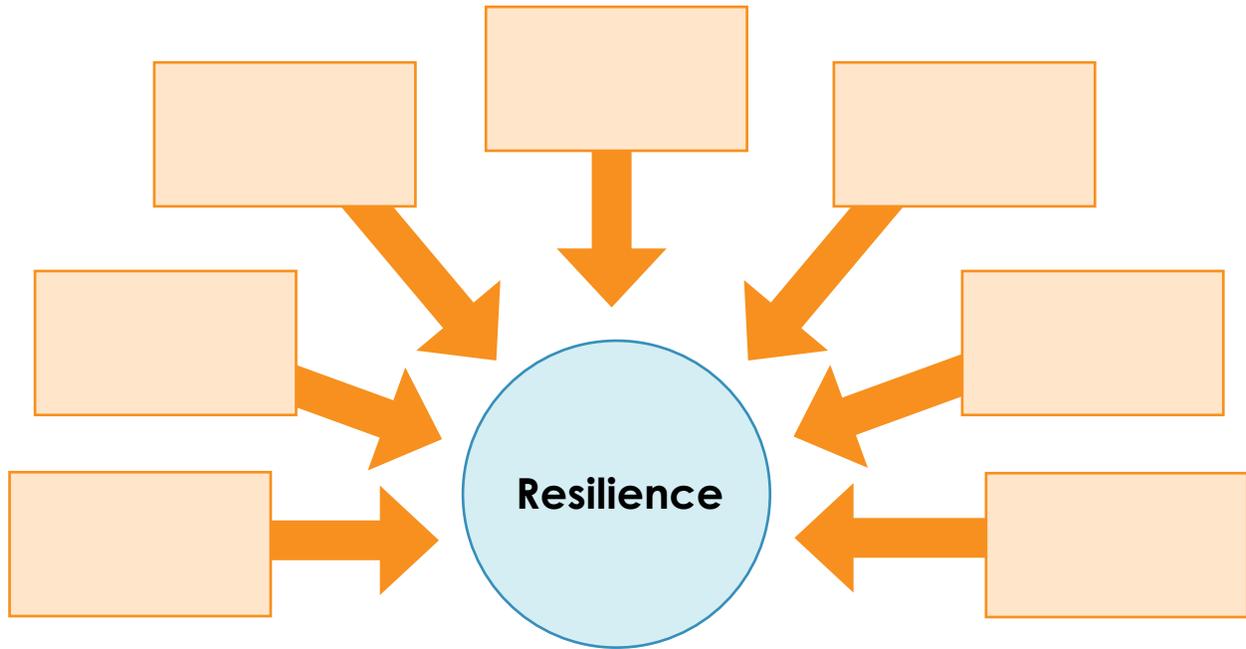


Resilience

1. Resilience is _____.
2. Fill in the seven Cs of resilience.



Grit

3. Grit is _____.

Growth Mindset

4. Compare a growth mindset to a fixed mindset by listing at least two comparisons.

Growth mindset	Fixed mindset

Self-Talk for Resilience, Grit, and Growth

5. Fill in the gaps in the following table. Use your own examples if you can.

Pattern	Description	Example
Jumping to conclusions	Failing to think things through and jumping to a quick, negative conclusion	
Making things your own fault		Everyone in class made the same mistake on the homework. I should have gotten it right.
	Making something far more significant or dramatic than it is (catastrophizing)	I got a B on my quiz. I'm going to fail now.
Making things smaller		I got an A on the test, but I missed the easiest question. I'm so dumb.
Making things bigger	Applying something specific to a bigger thing.	
Giving it a name		I am so fat and stupid.