

GOAT: BEYOND THE GAME

Lesson Four – Growth Mindset & Resilience



LETTER TO YOURSELF

Think about a time you were learning something new or facing a challenge in your life and you doubted yourself. Write a letter to yourself and use the questions below to guide your letter.

- How can you see this situation through a growth mindset - as an opportunity to learn something new?
- Be kind to yourself- what strengths do you have that can help you navigate this challenge? What can you say to yourself that will help you to believe in yourself and your ability to learn something new?

Dear _____,
