

My Daily Growth Mindset Journal



Jill Camacho

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Name: _____ Date: _____

Monday

Today I really felt _____

Because _____

Something that I could have done better _____

What could I have done differently? _____

Something I worked really hard at _____

Something I did _____

Something I will do for someone else tomorrow _____

Name: _____ Date: _____

Tuesday

Today I really felt _____

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Name: _____ Date: _____

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Because _____

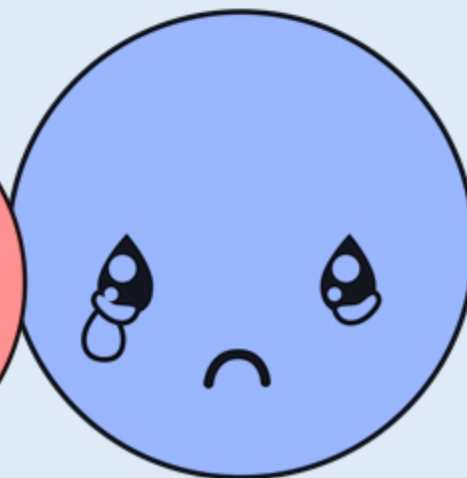
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Daily Growth Mindset Journal

Thank you so much for your purchase of the *Daily Growth Mindset Journal*! I hope that you and your students will enjoy them as much as we do!

In *Daily Growth Mindset Journal* you will find:

- 7 journal pages for each day of the week.
- Each page is split into half pages to save ink, paper, and money!
- 1 Editable cover page (containing 2 half sheet sizes) so that you have the option to add your student's name.



How to use:

- **Name emotions** (Today I mostly felt:)
- **Match expressions to feelings** (Color in or circle the corresponding facial expression).
- Practice **accountability** (Something I could have done better.).
- Exercise **critical thinking & planning** (What could I have done differently?).
- Reinforce **positive self esteem & hard work** (Something I worked really hard at).
- Encourage **pro-social behaviors** (Something kind I did & Something I will do for someone else tomorrow).

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-Jill Camacho



With any further questions,
please contact me at: jill@sublimedream.com

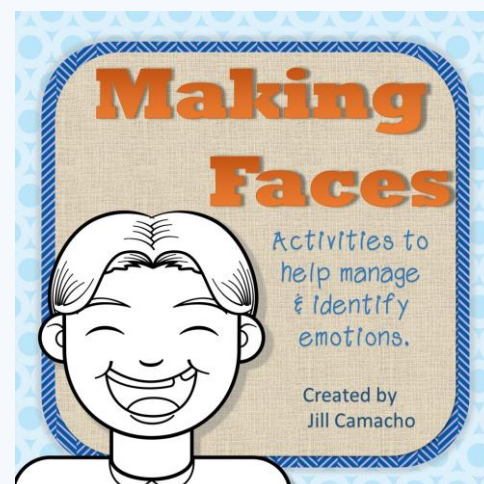
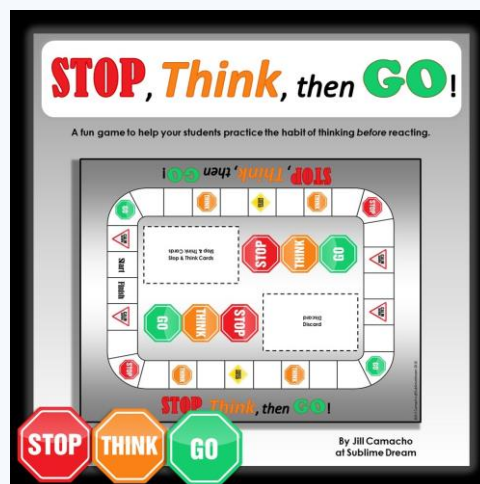
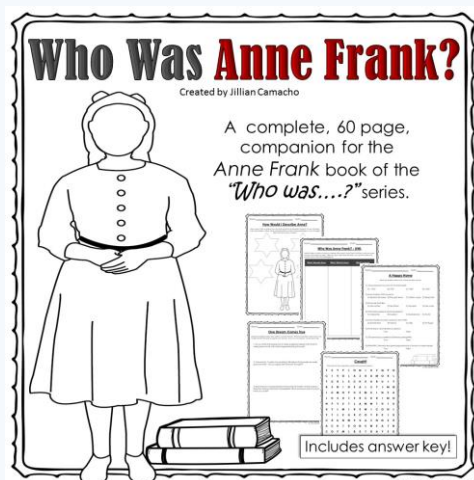
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Journal



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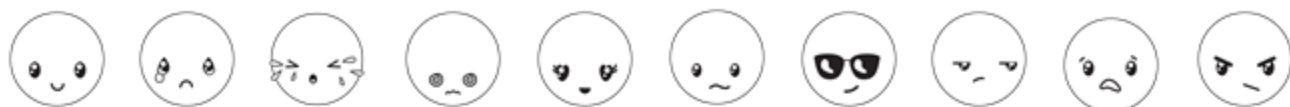
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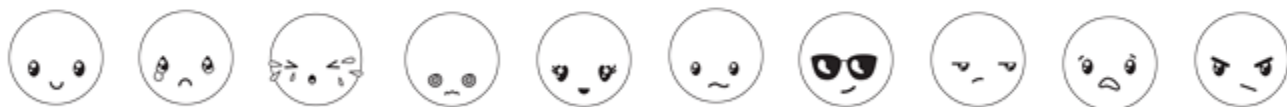
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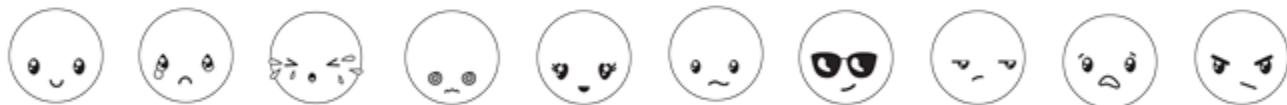
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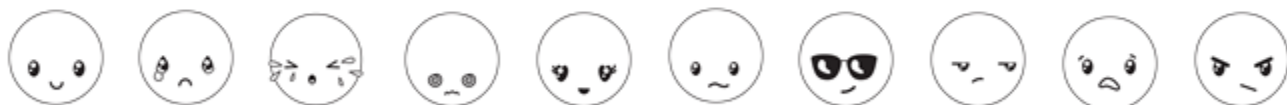
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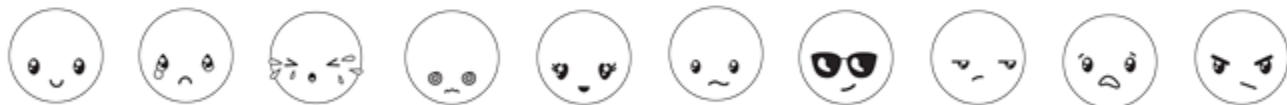
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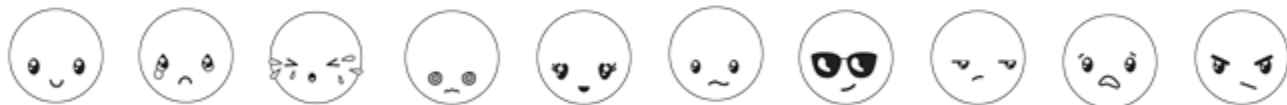
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