HerPower
Empowering Growth, Inspiring Change

The Happiness Workshop

Gratitude & Growth

Day 3

Name:_____

HerPower
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1. Gratitude & Power Museum

My Power & My Limit Museum

What's something you're really good at?

_____

What's something you've always believed you can't do?

_____

2. Understanding Growth Mindset

Growth Mindset vs. Fixed Mindset

Growth: Belief that you can improve with effort.
Fixed: Belief that your abilities are set.

Growth Mind Strategies	
Self-Talk & Reframing	❖ Turn "I failed" into "I'm learning" → Reframe failure as part of the process: "This is helping me grow." ❖ Practice affirmations → Say things like "I am capable of learning anything with time and effort."
Mindset Challenges	❖ Do something outside your comfort zone → E.g., try a new subject, talk to someone new, or ask a "dumb" question. ❖ Revisit something you used to struggle with → Reflect on how you got better and what helped you grow.
Learning Habits	❖ Focus on effort over outcome → Praise and reflect on how much effort you put in, not just the grade/result. ❖ Use mistakes as a tool → When you make a mistake, ask: "What can I learn from this?" ❖ Ask for help and feedback → View feedback not as criticism, but as guidance for improvement.
Goal-Setting & Motivation	❖ Set process goals, not just outcome goals → Instead of "I want an A," try "I will study for 30 minutes daily and review my mistakes." ❖ Visualize your future self → Think about who you want to become and what you're learning to become that person.

Social & Emotional Support	❖ Surround yourself with growth-minded people ❖ Challenge negative comparisons → Focus on your own progress instead of comparing yourself to others. ❖ Talk about your mindset openly → Share your learning struggles and mindset shifts with friends or families.

Self-Reflection & Mindset Map

Think about different parts of your life, school, hobbies, friendships, self-confidence, etc.
Write down what your current mindset is in each area, and then how you could shift or grow it.

Area of Life	Current Mindset	How Can I Shift or Improve It?
Example: Math Class	"I'm just not a math person."	"I can get better if I practice and ask for help."

3. Cookie Activity – Bake & Give with Gratitude

Design your cookie shape and choose who it's for: yourself or someone special.

Describe or sketch your cookie idea:

Who do you want to thank? What will your card say?

_____

_____

4. Gratitude into Action

Choose 1 small action to do today to show gratitude. Circle or write your own:

☐ Write a thank-you card

☐ Give someone a genuine compliment

☐ Say 'thank you' and explain why

☐ Hold the door for someone and smile

☐ Tell your parent/guardian one thing you appreciate

☐ Help someone without being asked

☐ Reflect on one thing you're grateful for before bed

Report back tomorrow: What did you do and how did it go?

_____

_____