



Growth Through the Hard Parts

Build possibility without denying difficulty

A growth mindset does not mean every problem is easy, temporary or secretly positive. It means abilities and responses can develop, support can be found, and one difficult chapter does not define your whole story.

The challenge I am facing

What is genuinely difficult about it?

What can be learned, practised or supported?

A skill I could strengthen

A setback I can treat as information

One realistic next experiment

How I will recognise effort and progress
