

Mindset Matters.

Discover new lessons every day which can be completed in around 5-10 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
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Challenge starts tomorrow!



[Your Mindset Matters](#)
(3m 52s)

[Mindset and Mission](#)
(4m 24s)

[Motivators and Drivers](#)
(3m 43s)

[Embrace a Growth Mindset](#)
(2m 15s)

[A Morning Routine for Positivity](#)
(3m 31s)

[Focusing Your Energy](#)
(2m 54s)

Activity:
Make a list of three things
that went well yesterday

[Building Positive Relations](#)
(3m 19s)

[Maintaining a Growth Mindset](#)
(2m 33s)

[Choosing to Stay Positive](#)
(3m 22s)

[Building Mode-Based Routines](#)
(4m 25s)

[Nurture Outshines Nature](#)
(4m 25s)

[Types of Callings](#)
(2m 15s)

Reflection:
What were your biggest
takeaways?