



Future-Proof Mindsets for Students and Educators

1. My power lies in my response.
2. Fail fast and pivot.
3. Happiness takes practice.
4. The only constant is change and where there's change, there's opportunity.

Strategy and Resource Guide

Mindset #1	My power lies in my response.
Strategy	Resource(s)
Practice cognitive reappraisal.	Cognitive Reappraisal Worksheet and Script Byron Katie: "One Belief at a Time" Exercise
Mindset #2	Fail fast and pivot.
Strategy	Resource(s)
Share famous fails.	Article: 21 Famous Failures Who Refused to Give Up Video: Famous Failures
Separate your failures from your SELF.	Failure Toss Activity
Shine a spotlight on a growth mindset.	LearnStorm from Khan Academy Growth Mindset Language Tracker and Instructions



Mindset #3	Happiness takes practice.
Strategy	Resource(s)
Practice compassion (or "loving-kindness) meditation.	Transcript for loving-kindness meditation
Practice gratitude.	100 things to give thanks for Article: Why Gratitude is Good
Mindset #4	The only constant is change and where there's change, there's opportunity.
Strategy	Resource(s)
Connect to the seven employability skills.	Article: 7 skills your child needs to survive the changing world of work Video: 7 skills students need for their future
Embrace change.	Article: 10 ways to embrace change