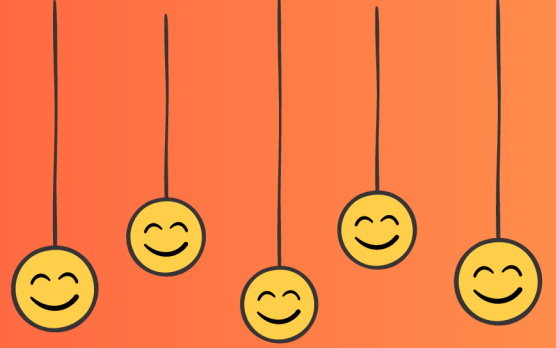


MINDSET MINUTE



We Always Have a Choice



Hate has 4 letters, so does **love**
Enemies has 7 letters, so does **friends**
Lying has 5 letters, so does **truth**
Failure has 7 letters, so does **success**
Cry has 3 letters, so does **joy**
Negativity has 10 letters, so does **positivity**

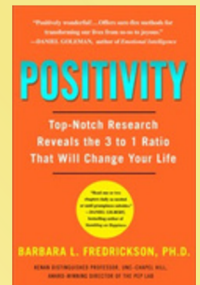
Let's choose
the better side!

What are 3 examples that you have changed the narrative from "I have to do" to "I get to do" since reading our first Mindset Minute?

- 1.
- 2.
- 3.

As you navigate through your days always remember the things you can control: my attitude, my effort, my behavior and my actions.

Dr. Barbara Frederickson's book *Positivity* shares that when there is a 3/1 positive to negative interaction ratio, people will thrive in relationships



Accountability Partner

Talk to a friend about the ways you are wanting to start growing your mindset and ask them to be your accountability partner. Set regular check-ins with each other and create your new habits together.

Choose a growth mindset book and reach out to me at kscheetz@nkesc.org to let me know what you are reading.

- My current book is *The Anxious Generation* by Jonathan Haidt, my next read is *Hacking School Discipline Together* by Jeffrey Benson and the previous book I read was just for fun *QB: My Life Behind the Spiral* by Steve Young.

