

GoZen!

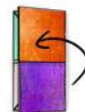
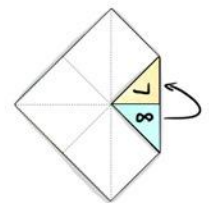
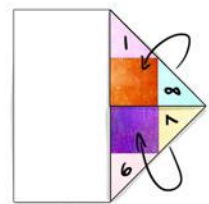
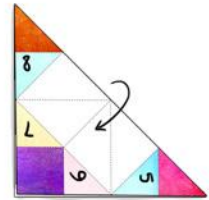
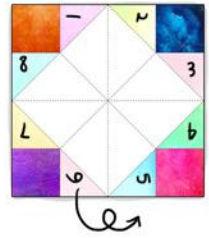
MINDSET FINDER FORTUNE TELLER



Get Free Printables Every Week at [GoZen.com/printables/](https://www.GoZen.com/printables/)

HOW TO FOLD YOUR MINDSET FINDER

1. Cut out your Mindset Finder square along the solid lines. (If you printed out a blank template, now is the time to decorate it!) Turn the square face down on a flat surface.
2. Fold the square in half diagonally. Then, unfold and repeat on the other side. Unfold again so you have a flat, facedown square.
3. Fold each of the four corners into the center of the square. You should now have a smaller square.
4. Turn the smaller square over, and fold each of the corners into the center again, creating an even smaller square.
5. Fold that square in half (like a book.) Then, unfold and repeat by folding down (like a laptop).
6. You should now have four pockets under the words for your thumbs and index fingers.
7. Your Mindset Finder is done!



HOW TO USE YOUR MINDSET FINDER

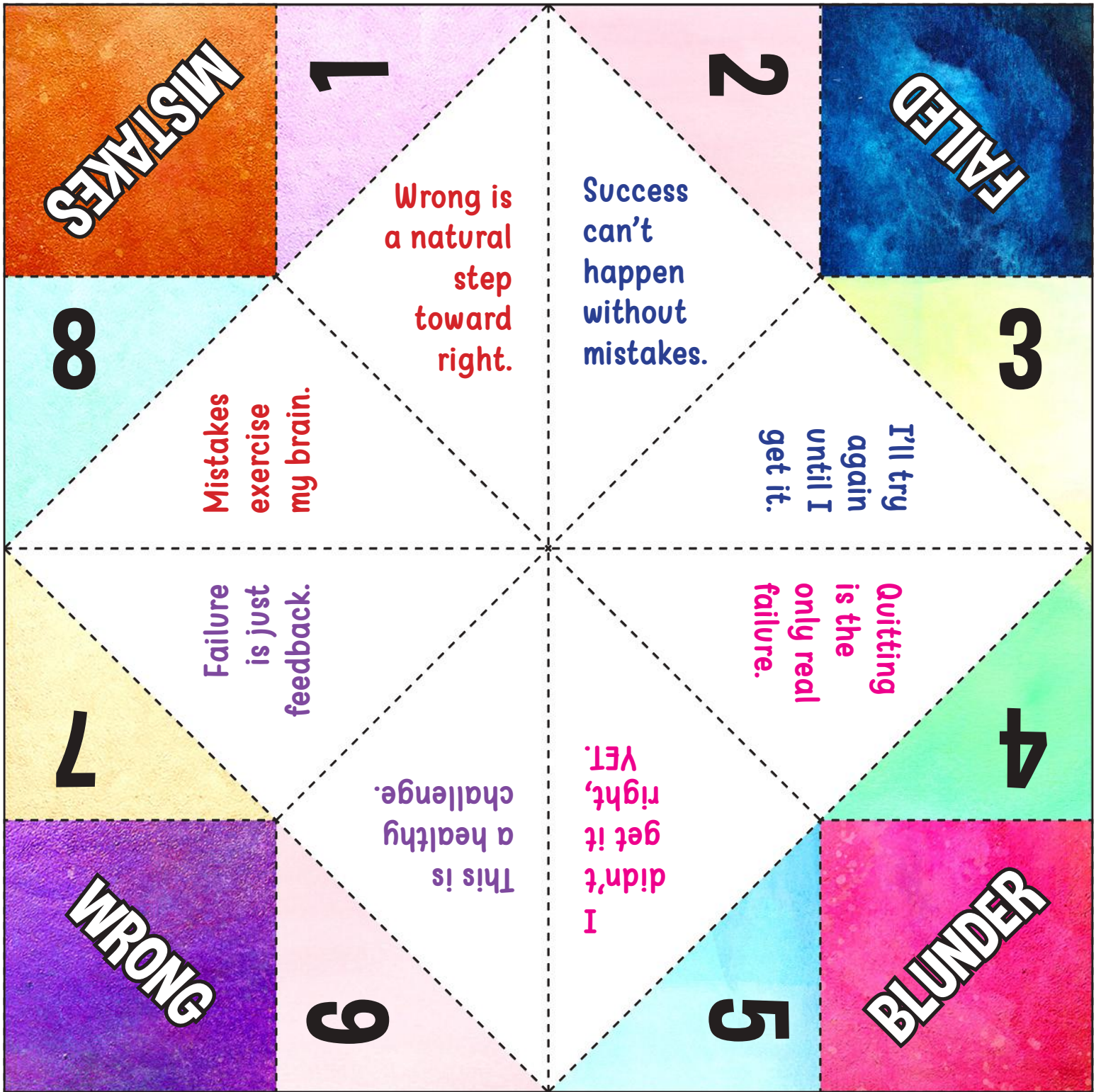
1. Mindset Finders help you change your perspective on challenges that we all face. Either by yourself or with a friend, choose a Mindset Finder that best describes the challenge you're facing, or your goal.
2. With your thumbs and index fingers in the pockets, pick a word from the outside of the Finder and pinch and pull for each letter while you spell out the challenge. For example, if your difficulty is that you got something "WRONG," you'd pinch and pull 5 times while you spelled out W-R-O-N-G.
3. Next, choose one of the 4 visible numbers, and pinch and pull that number of times.
4. Finally, choose one last number and lift up the flap to reveal a new Mindset to help you with your challenge.





MINDSET FINDER #1

Change your Mindset about a recent failure.



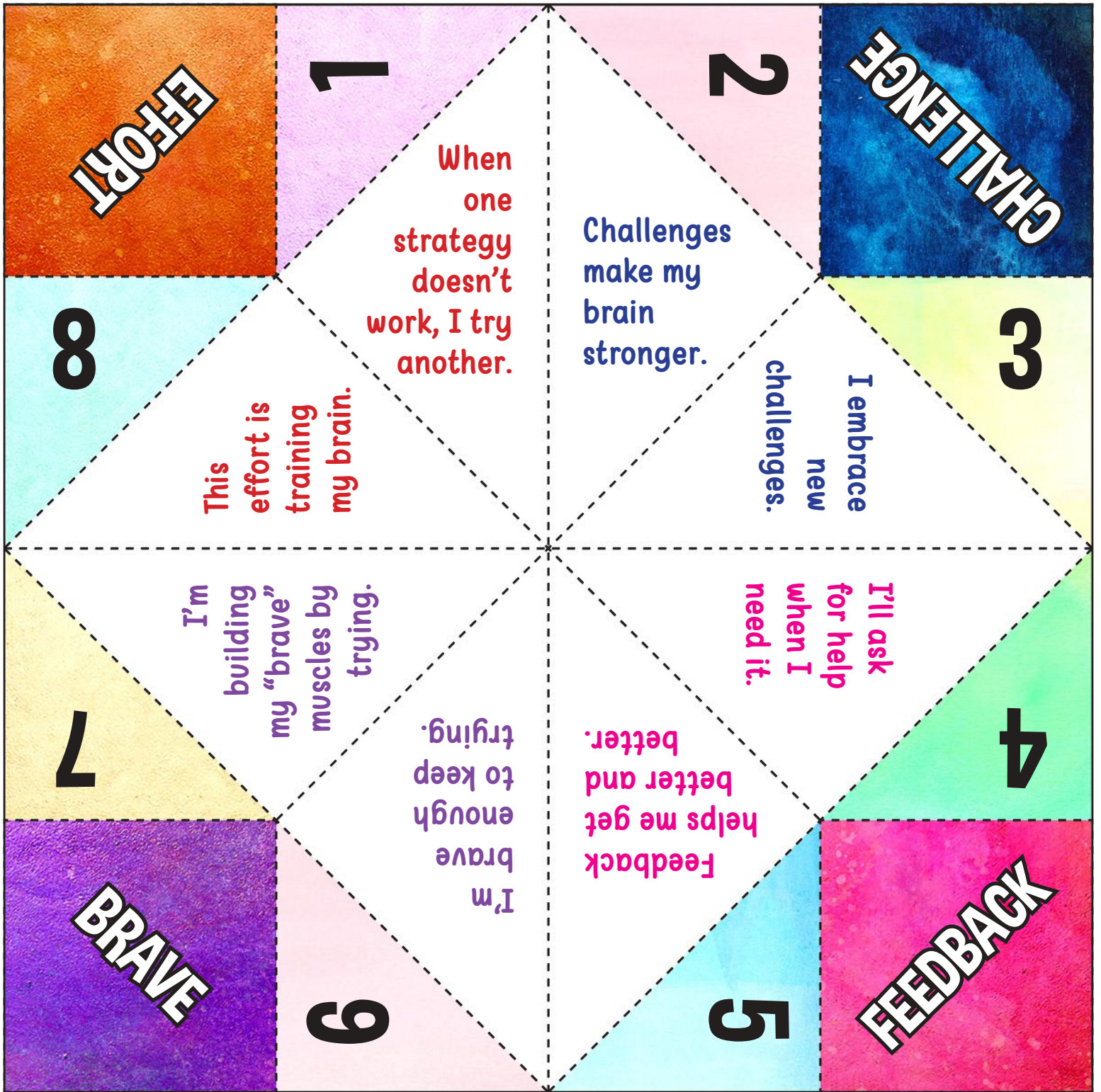
MINDSET FINDER #2

Change your Mindset about a recent failure.



MINDSET FINDER #3

Change your Mindset about scary new challenges.



MINDSET FINDER #4

Change your Mindset about scary new challenges.



MINDSET FINDER #5

Change your Mindset about your abilities.

1 My brain grows when I try again. **BRAIN**

2 Walk away then try again. **BREAK**

3 Take five deep breaths.

4 FAIL = First Attempt In Learning

5 I haven't learned this... YET! **BELIEF**

6 What will it feel like when I reach my goal?

7 I will overcome this!

8 My brain grows when I make mistakes.

9 **BEST**

MINDSET FINDER #1

Change your Mindset about a recent failure.

<p>1</p> <p>SEAMLESS MISTAKES</p> <p>Wrong is a natural step toward right.</p>	<p>2</p> <p>FAILED</p> <p>Success can't happen without mistakes.</p>	<p>3</p> <p>I'll try again until I get it.</p>
<p>4</p> <p>WRONG</p> <p>Failure is just feedback.</p>	<p>5</p> <p>BLUNDER</p> <p>Quitting is the only real failure.</p>	<p>6</p> <p>This is a healthy challenge.</p>
<p>7</p> <p>WRONG</p> <p>Mistakes exercise my brain.</p>	<p>8</p> <p>WRONG</p> <p>I didn't get it right, YET.</p>	<p>9</p> <p>WRONG</p> <p>Failure is just feedback.</p>

MINDSET FINDER #2

Change your Mindset about a recent failure.

<p>1</p> <p>FEAR</p> <p>I'm inspired by others' talent.</p>	<p>2</p> <p>INTIMIDATED</p> <p>What can I learn from others?</p>	<p>3</p> <p>If I don't try, I'll never fly.</p>
<p>8</p> <p>Easy things aren't exciting.</p>	<p>4</p> <p>Trying always makes me stronger.</p>	<p>4</p> <p>Effort is more important than talent.</p>
<p>7</p> <p>Every expert was once a beginner.</p>	<p>5</p> <p>Failing to try is like trying to fail.</p>	<p>5</p> <p>JEALOUSY</p>
<p>6</p> <p>AVOIDANCE</p>	<p>6</p>	<p>6</p>

MINDSET FINDER #3

Change your Mindset about scary new challenges.

1
When one strategy doesn't work, I try another.

2
Challenges make my brain stronger.

3
I embrace new challenges.

4
I'll ask for help when I need it.

5
Feedback helps me get better.

6
I'm brave enough to keep trying.

7
I'm building my "brave" muscles by trying.

8
This effort is training my brain.

9
I'm brave enough to keep trying.

EFFORT

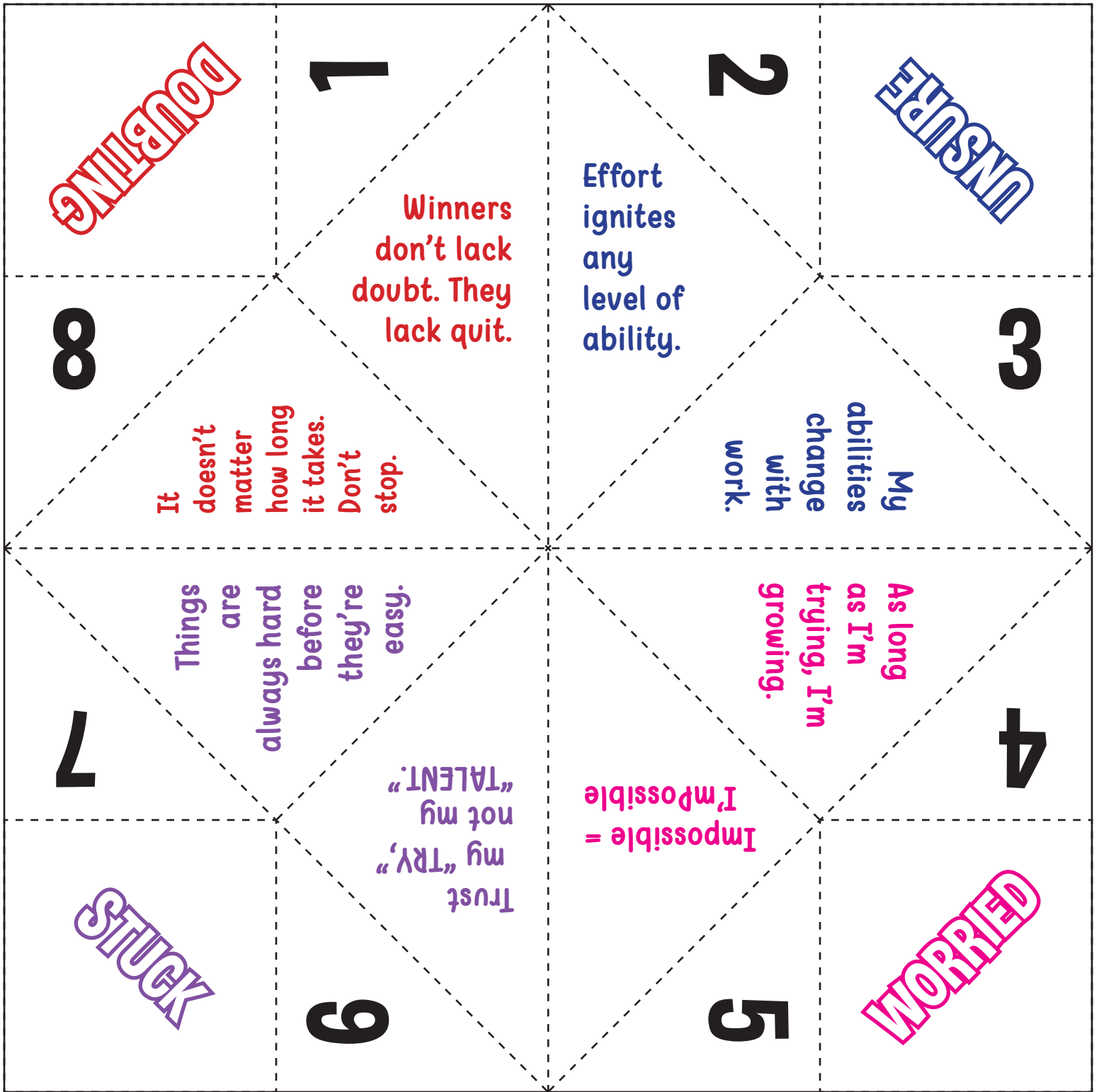
CHALLENGE

BRAVE

FEEDBACK

MINDSET FINDER #4

Change your Mindset about scary new challenges.



MINDSET FINDER #5

Change your Mindset about your abilities.

1
My brain grows when I try again.

2
Walk away then try again.

3
Take five deep breaths.

4
FAIL = First Attempt In Learning
I haven't learned this... YET!

5
What will it feel like when I reach my goal?

6
I will overcome this!

7
My brain grows when I make mistakes.

8
BRAIN

BREAK

BEST

BELIEF

MINDSET FINDER #1

Change your Mindset about a recent failure.

MISTAKES	1 Wrong is a natural step toward right.	2 Success can't happen without mistakes.	FAILED
8	Mistakes exercise my brain.	I'll try again until I get it.	3
7	Failure is just feedback.	Quitting is the only real failure.	4
WRONG	6 This is a healthy challenge.	5 I didn't get it right, YET.	BLUNDER

MINDSET FINDER #2

Change your Mindset about a recent failure.

<p>1</p> <p>INSPIRED</p> <p>I'm inspired by others' talent.</p>	<p>2</p> <p>LEARN</p> <p>What can I learn from others?</p>	<p>3</p> <p>IMPROVING</p> <p>If I don't try, I'll never fly.</p>
<p>8</p> <p>EASY</p> <p>Easy things aren't exciting.</p>	<p>4</p> <p>IMPROVING</p> <p>Trying always makes me stronger.</p>	<p>4</p> <p>IMPROVING</p> <p>Trying always makes me stronger.</p>
<p>7</p> <p>AVOIDANCE</p> <p>Every expert was once a beginner.</p>	<p>5</p> <p>EFFORT</p> <p>Effort is more important than talent.</p>	<p>5</p> <p>EFFORT</p> <p>Effort is more important than talent.</p>

MINDSET FINDER #3

Change your Mindset about scary new challenges.

EFFORT

1
When one strategy doesn't work, I try another.

2
Challenges make my brain stronger.

CHALLENGE

3
I embrace new challenges.

8
This effort is training my brain.

4
I'll ask for help when I need it.

7
I'm building my "brave" muscles by trying.

5
Feedback helps me get better and better.

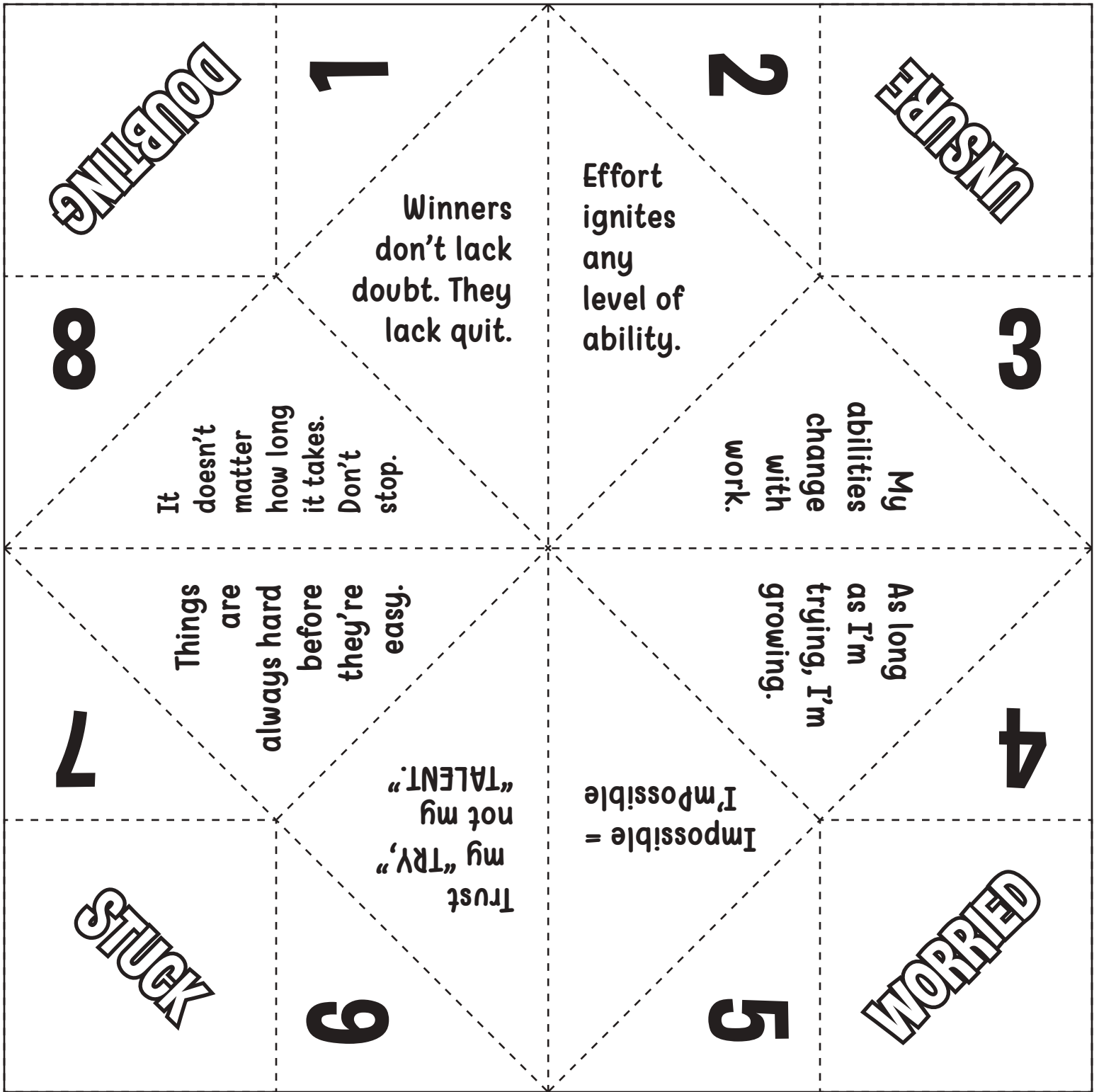
BRAVE

6
I'm brave enough to keep trying.

FEEDBACK

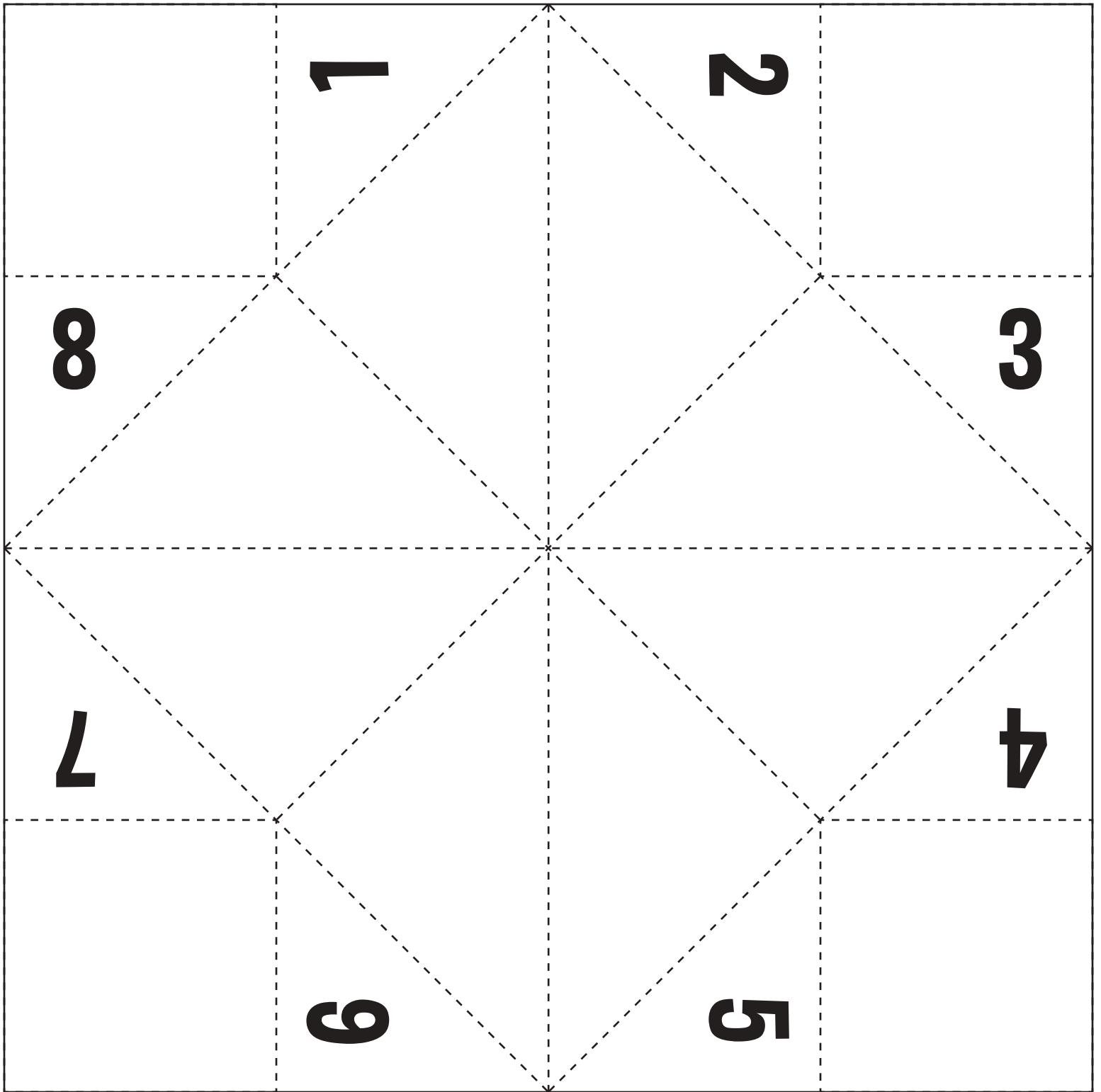
MINDSET FINDER #4

Change your Mindset about scary new challenges.



MINDSET FINDER #5

Change your Mindset about your abilities.



MAKE YOUR OWN MINDSET FINDER!

Design your own personal Mindset Finder.



TERMS OF SHARING THE ♥

1. We want to reach as many families, teachers, therapists, kids, tweens, and teens as possible! Please let others know we're sending out printables every week by sharing this page:
<https://gozen.com/printables/>
2. Join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here:
<https://facebook.com/groups/scienceofhappinessforkids/>