

OPEN FOR GROWTH

A Mindset Journey

Ready to unlock the secrets of getting past frustration to find your resilience? Behind each of these little doors, you'll discover magical frustration-flipping statements that can turn frustration into fun and challenges into triumphs. Get ready to open doors to the power of positive thinking!

Print on cardstock, if possible. Choose pages 2-5 to print in color. Or choose pages 6-9 to color yourself.

1. **Cut** along the dashed lines of each page. ✂

*Keep each door matched to the open side on its right.

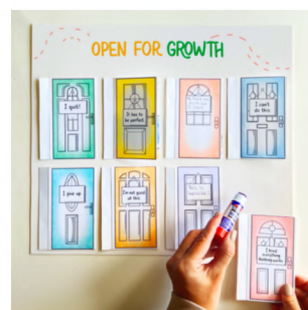
2. **Glue** the closed side of each door to the open side of each door.



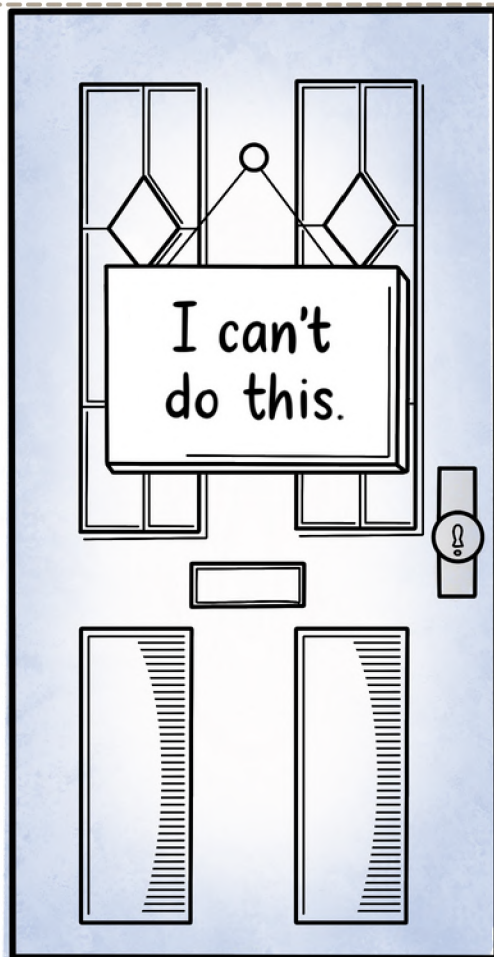
3. **Fold** along the solid line on each door so the door can open and close.

4. **Display** the doors in a place where they will be seen as a reminder of how to open doors to positive thinking. Here are some creative ideas for how to display them:

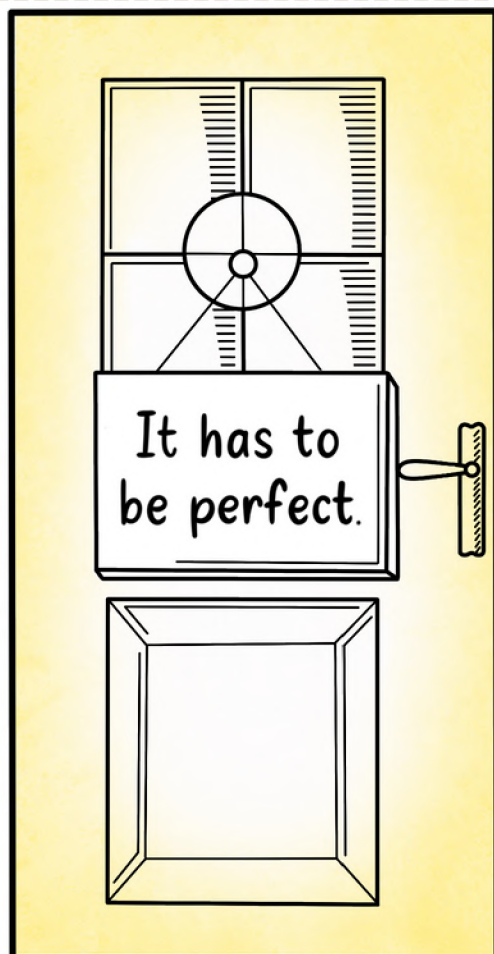
- On a poster board
- On a bulletin board
- As bookmarks
- On the front of a desk
- On a classroom door
- On the fridge



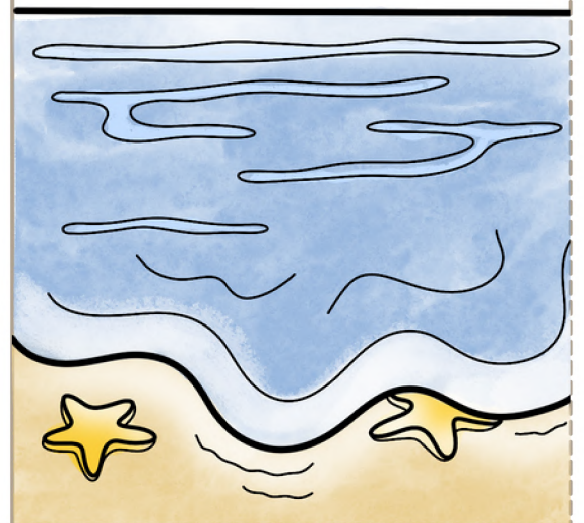
Set printer settings to print 100%. Print in greyscale or color.

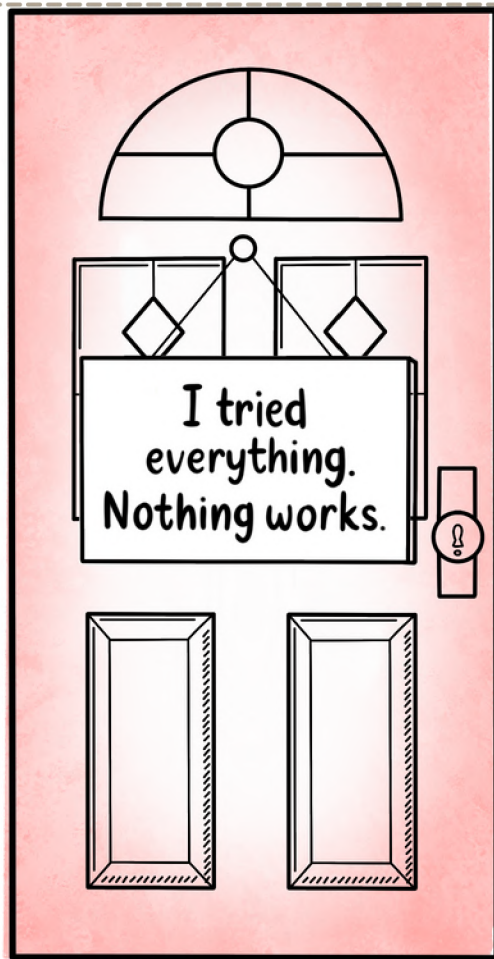


I can't do
this YET.
I'm going to
try again.

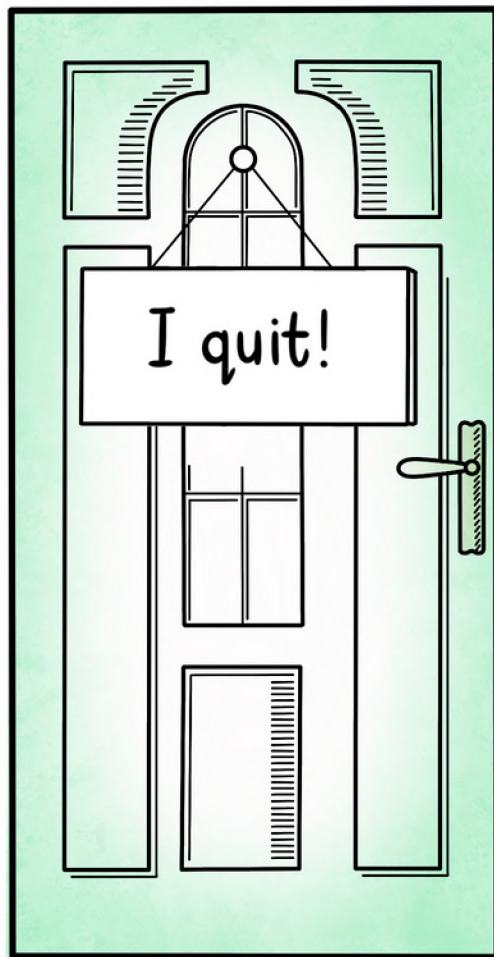


There's
no such thing
as perfect.
Mistakes help
me grow.



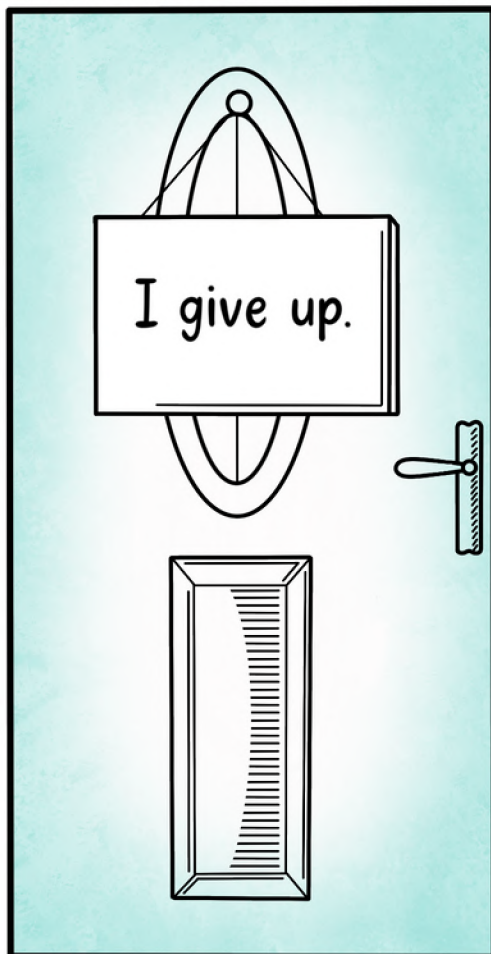


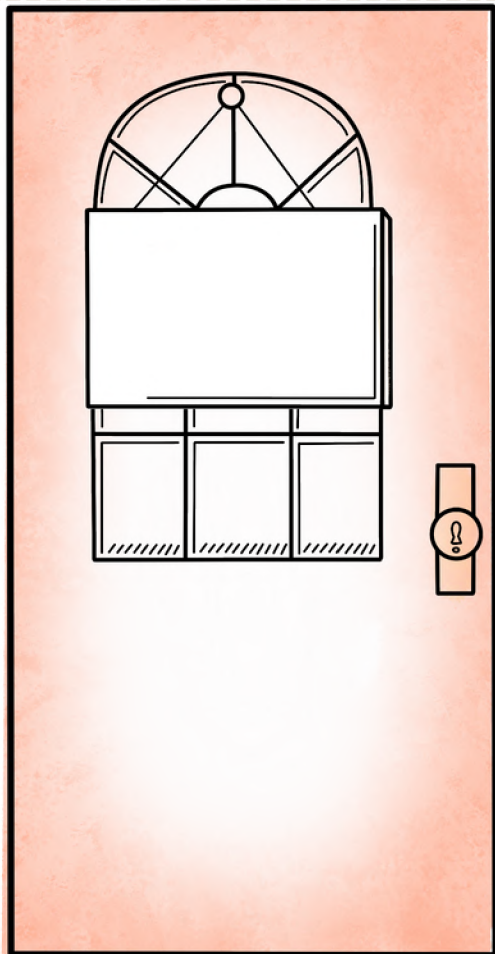
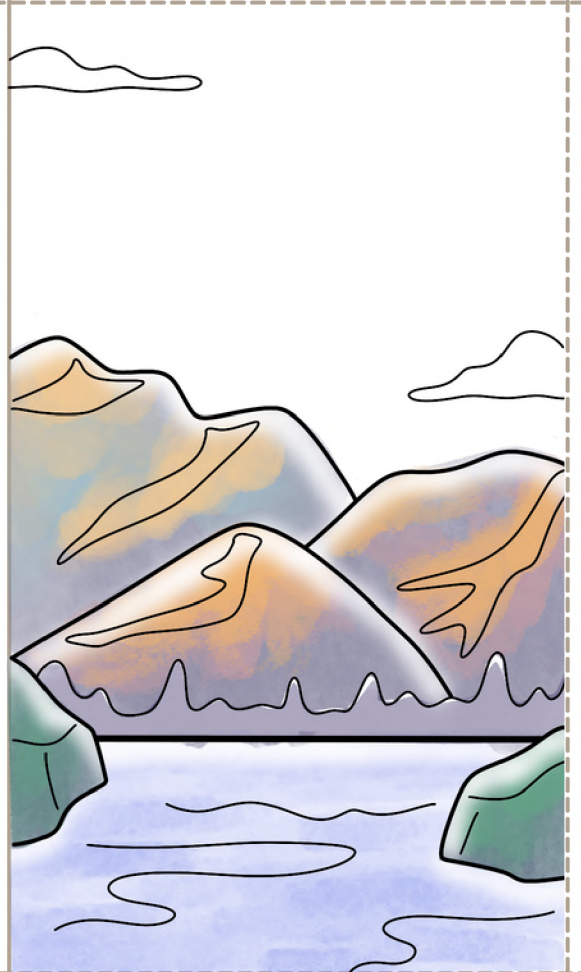
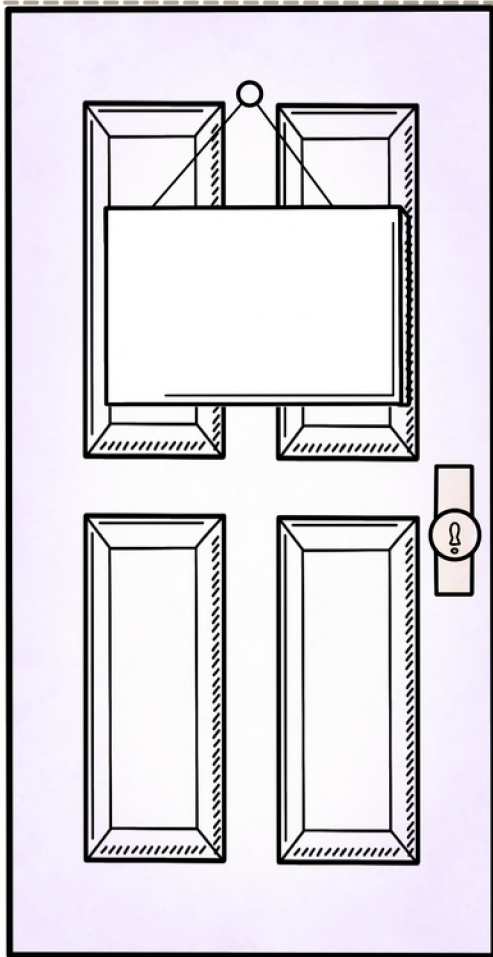
Who can I ask for help?

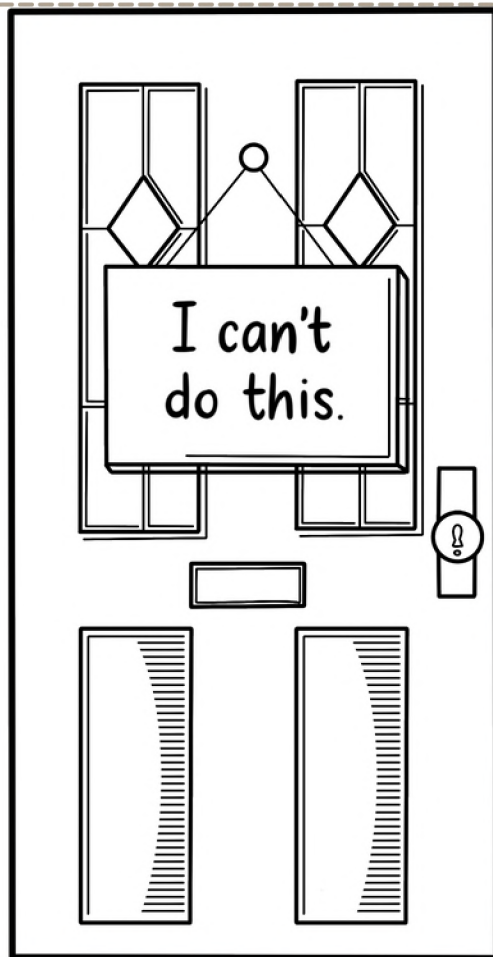


Is there a different way I can tackle this?

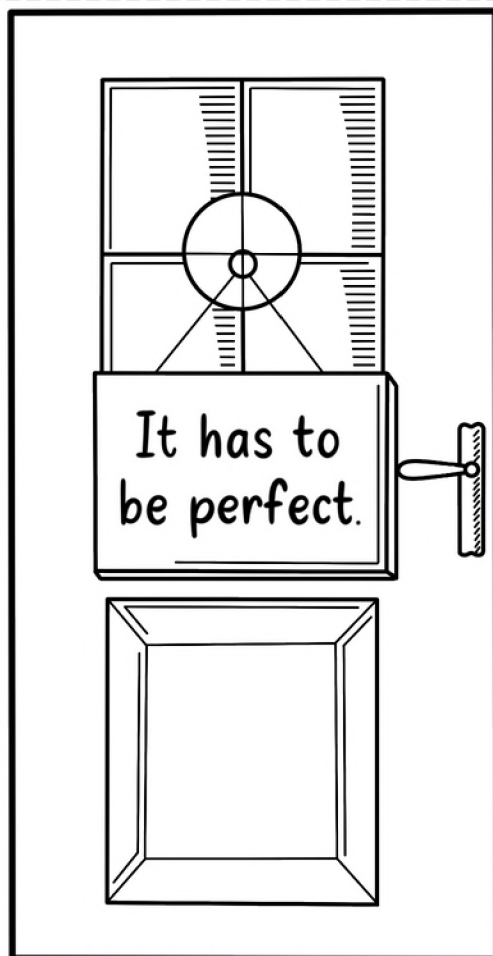




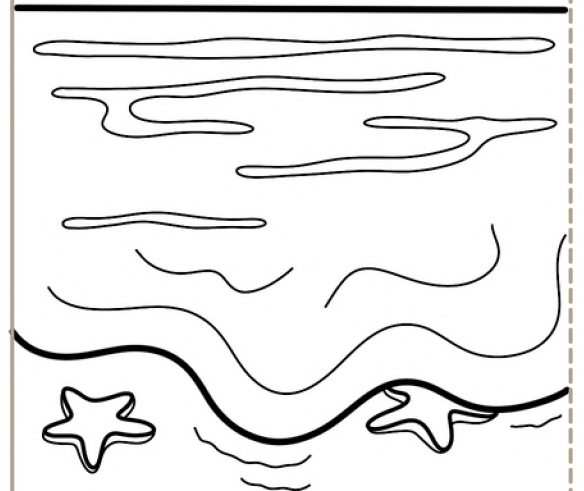


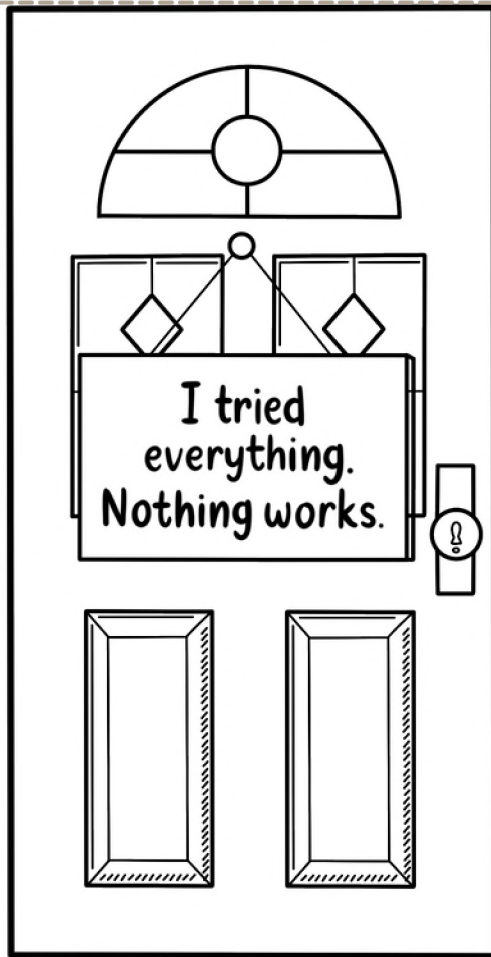


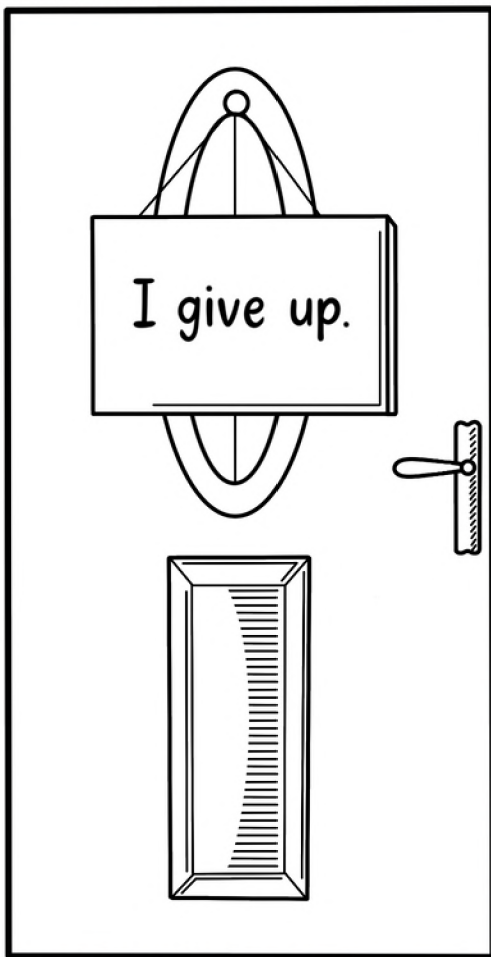
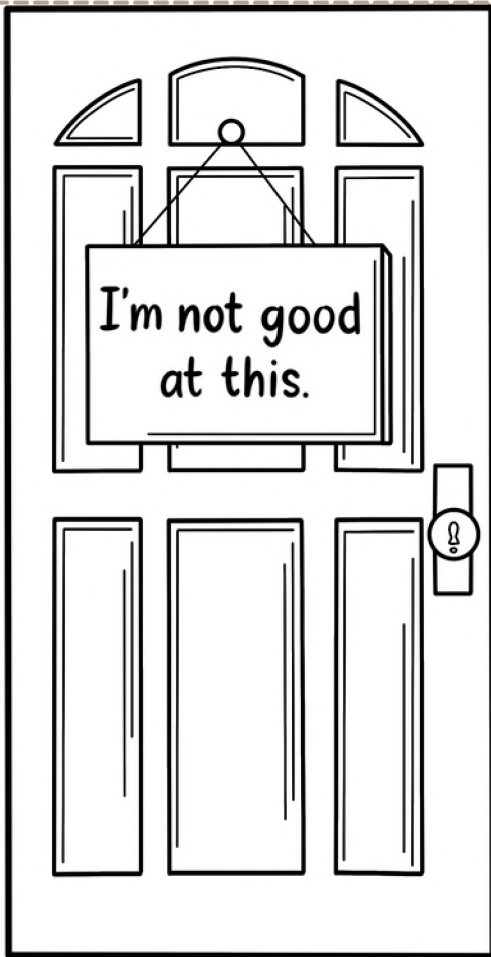
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I'm going to
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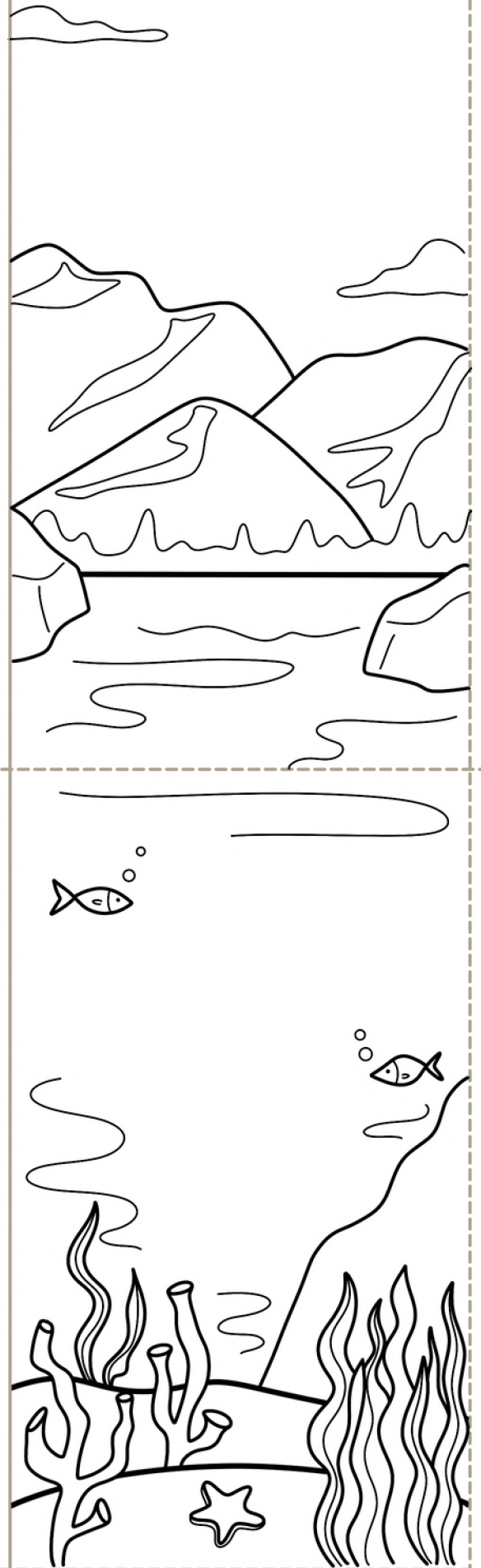
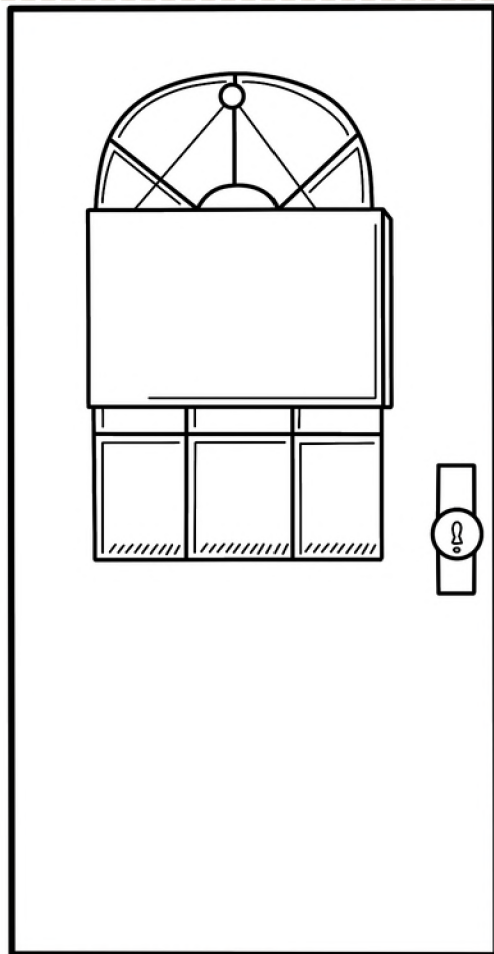
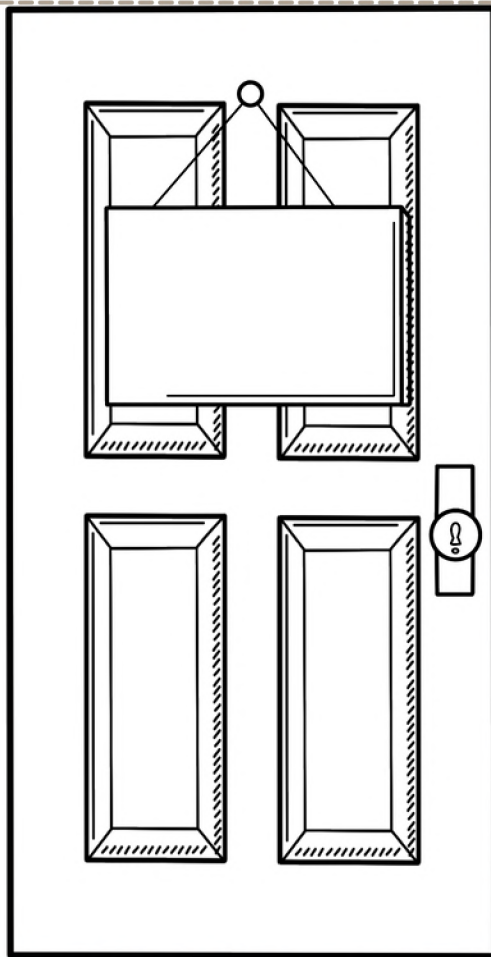


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With gratitude,
Big Life Journal team

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"Big Life Journal resources have significantly **helped our entire family** deal with emotions and have better communication."

-Krista

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