

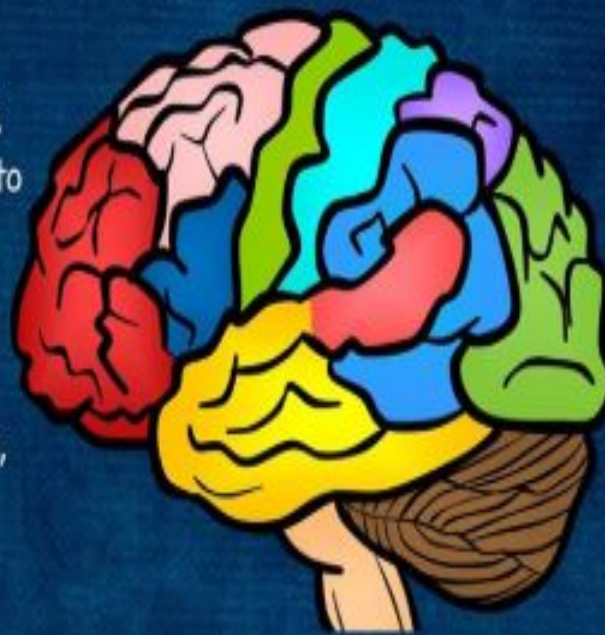
THRIVE DURING A PANDEMIC WITH A Growth Mindset

Look for the
lessons.

Remember that
frustration is normal
& helps you grow.

Recognize that
it's the journey,
not the end
result that
matters.

Give mistakes &
failure a chance to
teach you.



Focus on
the good.

Strive for growth,
not perfection.

Instead of comparing your
situation to others, recognize
your own personal growth.

Continue setting
goals & challenging
yourself in
new ways.