



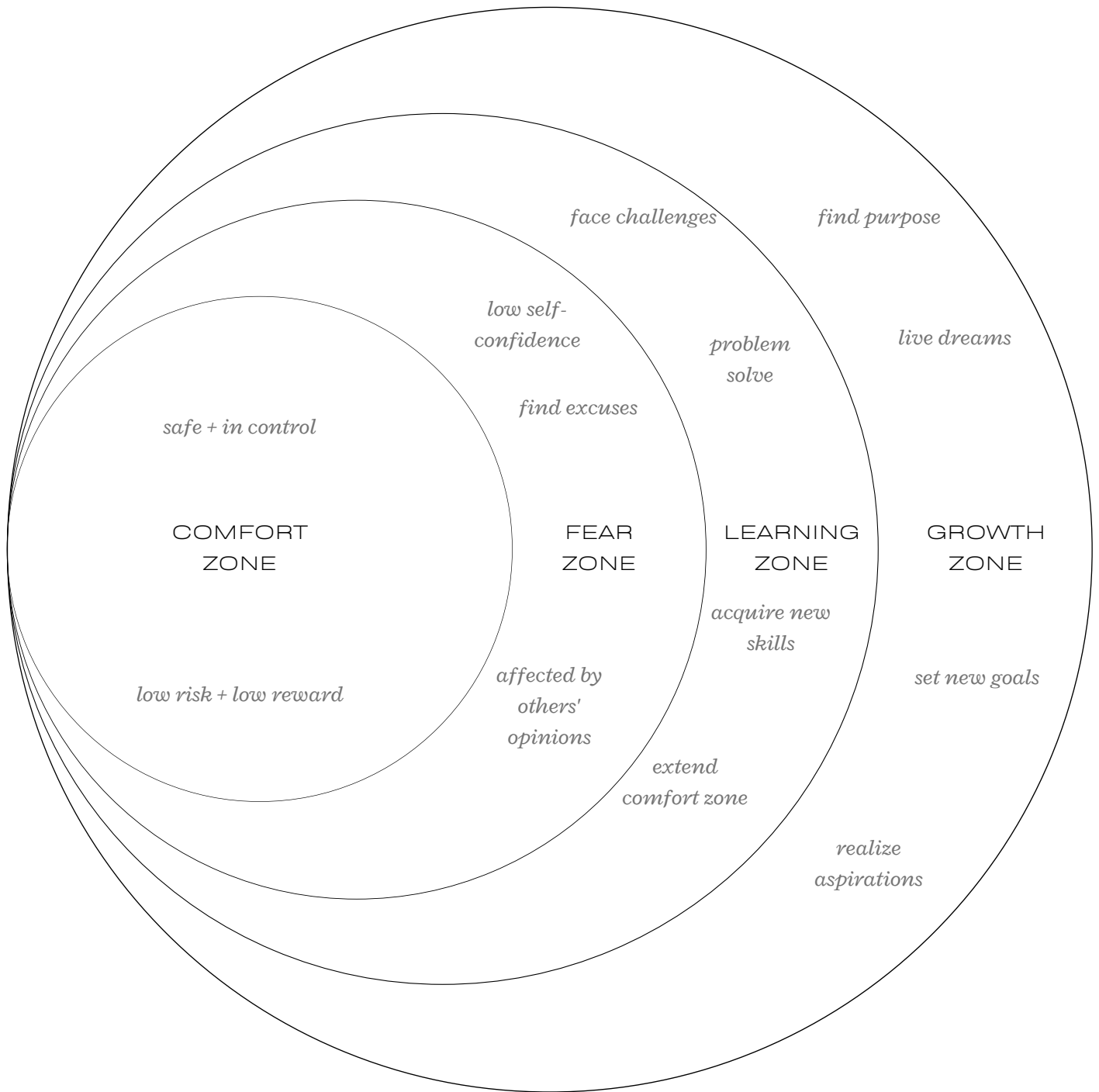
Growth

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

GROWTH MINDSET

Fostering a growth mindset broadens the mind to one that embraces challenges, seeks to learn through new experiences, is inspired by others, believes talents and skills can be developed through practice and effort, and is not afraid to fail. You grow through what you go through.



GROWTH MINDSET

Use the space below to work through an area in your life that feels stuck in your comfort zone. What are the different steps you can take to move from comfort to fear, to learning, to growth? How does it feel to be in each zone?

