

## Reflecting on Your Path to Growth: Module Capstone

You've reached another milestone in your journey with EduGuide.

Before the next set of activities, let's slow down and reflect on how it's going.

We'll do this at the end of each module to give you and your coaches time to refocus on your path to growth.

Busyness can keep us from enjoying the best things in life.

And it can blind us to how little things add up.

So, let's take a moment to write about what's going well in your life and how others have encouraged you.

What's brought you joy and hope recently? List as many things as you can think of.

What do each of these things that brought you joy and hope tell you about your world and yourself?

This is a good time to look back at your personal adventures and see how far you've come. You can review your EduGuide journal by clicking on the three bar menu in the top left corner. You can even add new thoughts about what you've written.

So far, how have you been growing through your work with EduGuide?

- More self-motivated
- Better grades
- Enjoy learning more
- More prepared for class
- Participate more in class
- Complete more schoolwork
- Listen better to feedback
- More curious to learn new things
- Better attendance
- Improved relationships
- Feel safer at school
- Encourage and mentor others more
- Manage stress better
- Get over setbacks quicker
- Happier
- More confident to achieve college / career degree
- Better test scores

In your own words, how has your work with EduGuide helped you so far this year? In what ways have you grown? (For instance, I used to... and now...).

Looking forward, where would you most like to focus on growing next in your life?

Now, get as specific as possible. Think about exactly what you would like to do differently to grow. What is one action you can take to start doing this?

Imagine achieving that step in your growth goal. How would growing in that way make your life better? Be as specific as you can.

What do you see as the biggest internal obstacle holding you back from this step forward?

How might you be able to get around that obstacle? For instance, if (obstacle) happens, then I'll do (this).

What resources, strategies or people might be able to help you take this step toward your growth goal?

In what ways would you like to grow?

- Getting better grades
- Managing stress and worrying less
- Learning things faster and easier
- Preparing for a career
- Dealing with difficult people
- Pursuing personal goals
- Living healthier
- Being a strong leader
- Building better relationships
- Writing better and easier
- Making a difference in people's lives around me

### **Choose your challenge**

Select one of the following choices:

**Easy:** Encourage someone else this week by letting them know how you've seen them grow.

**Hard:** Talk to someone else this week about how you are seeking to grow & ask for their advice.

**Or write your own challenge** based on the plan for growth you just worked on.

### **Your Path to Growth**

**Challenge:** In each activity, you can choose a challenge to apply what you've learned to help yourself and others grow this week.

Select one of the following choices:

**Easy:** Look for how people around you respond to setbacks in their own lives.

**Hard:** Like Derek's father, come alongside to encourage someone who has faced a setback.  
**Or write your own challenge.**

### **Your Mind is Like a Muscle**

**Challenge:** You pick.

Select one of the following choices:

**Easy:** This week, look for ways that you can exercise your mind.

**Hard:** Identify one small new step you'll take today to exercise your body or mind and post it here.

**Skip.**

### **Your EduGuides**

**Challenge:** Reach out to encourage that person this week.

### **Fixed vs. Growth Mindset**

**Challenge:** This week, don't try to change anything. Just see how often you can find yourself or others using a fixed or a growth mindset.

### **Your Core Purpose**

**Challenge:** Look for ways that you can live out your purpose this week.

### **Talking Back to the Fixed Mindset**

**Challenge:** What's something you could do this week to take a step toward living with a growth mindset?

### **Finding Your Way Around the Change Curve**

**Challenge:** This week, try to identify the phases of change people around you are going through.

### **Effective Encouragement**

**Challenge:** This week, don't try to change anything. Just try to notice how you and the people around you encourage each other.

### **Encouragement Mentoring**

**Challenge:** Start practicing your superpower today with one of these challenges.

Select one of the following choices:

**Easy:** Look for someone to encourage this week.

**Hard:** Identify one person you would like to encourage this week in your comment. Draft something you might say to them.

**Skip.**

### **Neurons that Fire Together, Wire Together**

**Challenge:** This week when you learn something new that you want to keep, practice trying to recall it right away to build stronger connections to it.

## Module 4: Failures Many Uses

### Never Give Up

**Challenge:** What's something you could do this week, like writing a note to yourself, as a reminder to never give up?

### The Road to Success Passes Through Failure

**Challenge:** Everybody wants a comeback, but only some people achieve it. This week, try to figure out how people pull it off.

### Rediscovering a Core Purpose More Powerful Than Fear

**Challenge:** This week encourage someone in your life who is struggling with a setback.

### Slow Down and Enjoy the Journey

**Challenge:** As a mentor, here's a couple ways that you can help others slow down and enjoy the renewing power of nature. Choose what's best for you.

Select one of the following choices:

**Easy:** Ask someone what brought them joy today. Share what brought you joy.

**Hard:** Build a daily nature break habit of slowing down to pay attention to nature. Share how it's helping you feel better with someone you care about.

**Or create your own:**

### You Only Truly Lose if You Don't Learn From Your Loss

**Challenge:** This week when something doesn't work, ask yourself what would make it better: effort, strategy, or support?

## Module 5: Smarter Ways to Better Grades

### Self-Test is Best

**Challenge:** This week, try to see how many different ways you can practice self-testing.

### Four Times to Building a Self-Testing Habit

**Challenge:** This week, start practicing one regular time to build a self-testing habit.

### Know Your Values

**Challenge:** Check out how one student's pioneering [values led her to the frontiers of space by clicking here](#). And think about how you might live out your own values this week.

### Use It or Lose It

**Challenge:** This week, try to be quicker to use self-testing for what you want to learn and remember in school and in life.

## **Module 6: Sleep Better; Live Better**

### **Moving From Short-Term to Long-Term Memory**

**Challenge:** This week, try to notice when you or others are in a passive or active learning mode: just taking things in or actively using them.

### **Sleep On It**

**Challenge:** This week try to observe how sleep, or the lack of it, affects how you think and feel.

### **Don't Forget to Flush**

**Challenge:** This week, pick one person to tell about how the brain flush works to clear our minds when we sleep. Who would you like to tell?

### **Planning a Better Brain Flush**

**Challenge:** Start getting to sleep a little earlier tonight and see how much better it feels to flush your brain clear by morning. While it will be tempting to put off sleep so you can do other things, you'll find that you achieve and enjoy those things so much better when you get a good night's rest. As Shakespeare wrote, "sleep is the main course in life's feast, and the most nourishing."

### **Sleep Dark**

**Challenge:** This week, take another step toward your sleep goal by sleeping dark.

## **Module 7: Harnessing Emotional Strengths**

### **Climb Through Your Problems**

**Challenge:** This week, don't be afraid of falling. Everyone does. Just keep climbing through your problems.

### **Can You Feel It?**

**Challenge:** This week, try to identify all 7 emotional changes as they happen to you or someone else.

### **Social Emotional Learning**

**Challenge:** Every day, you see people around you who are happy, sad, angry and more. This week, try to notice the 4 steps people take in the emotional process.

### **Negative and Positive Emotions**

**Challenge:** This week, put the negativity bias in its place. See how many positive emotional experiences you can notice and enjoy each day.

### **Stress and Renewal**

**Challenge:** This week try to track when you feel stress and when you feel renewal. Then look for ways to add more renewal. (If you want to really master this, you can even record your notes at the end of each day.)

### **Breathe**

**Challenge:** Try practicing slow breathing daily this week to trigger your renewal system. Even if you decide not to keep doing it, you'll build a skill that you can call on whenever you need it. If you choose to take this challenge, write a regular time each day, such as "before meals" when it would be easier to remember practicing slow breathing?

## **Module 8: Growing with Gratitude**

### **Gratitude**

**Challenge:** Set a goal to get better at being thankful and at saying thanks. If you choose to accept this challenge, write about how you would like to get better.

### **Superpowered Thank Yous**

**Challenge:** This week try out your new superpowers by giving someone a superpower thank you in person or by text. If you're ready to accept this challenge, write the name of the person you want to thank below.

### **Thanking Your EduGuides**

**Challenge:** Share your letter of gratitude with your EduGuide. As always, it's your choice whether to take the challenge. But studies have shown that this letter will have the most impact, for you and them, if you make it a surprise and make the time to read it to them in person. (You can go back to copy and paste your letter into another document to print out if you want.)

## **Module 9: Choosing Your Path**

### **Marking Your Path**

**Challenge:** As Thoreau said: keep going back to build a path in your mind to the thoughts you wish to dominate your life. Want to get started? Write down some things right now that you want to keep calling back to mind.

### **Your Learning Goal**

**Challenge:** Take the first step on your learning goal. Want a harder challenge? Write down your first step here if you want and then write yourself a reminder note. Keep your step simple to reach. The most important thing is to just get started.

### **Building Habits**

**Challenge:** This week, if you want, you can learn how to gain control over your habits by practicing a simple one. Just click to adopt the "Take 3 Slow Breaths Every Day" goal. We'll send you email reminders for 30 days that will connect you with tips and a tool to track your

progress. (Even if you're not interested in slow breathing, it's a great way to learn the skills that will enable you to tackle other habits you want to master.)

**Reminders: Off Your Mind and Into Your Life**

**Challenge:** If you haven't already adopted our model habit "Take 3 Slow Breaths Every Day," you can do so now if you want, and we'll email you a daily tracking tool for 30 days. Even if you're not interested in stronger breathing, we've designed it to help you learn how to master other habits as well. And slow breathing has other benefits: athletes use it to develop focus for peak performance, which could also help you achieve your other goals.

If you've already adopted the habit, see how many days you can go without stopping. If you miss a day, restart your count.

**Habits in Motion Tend to Stay in Motion**

**Challenge:** This week, get on a roll like Quinn did. Practice your tiny celebration routine every time you complete your habit. You could even do it right now to celebrate completing this activity. The more you practice it, the more you program your brain to do it automatically.

**Module 10: Your Best Self****Becoming You**

**Challenge:** This week, choose something to do that your future self will thank you for.

Select one of the following choices:

**Easy:** Observe how someone in your life has grown and changed over time.

**Hard:** Ask someone what they did, or wish they had done, when they were your age to make their life better. (If you want, you can come back later to save anything you learn from your conversation here for your EduGuide journal.)

**Or write your own.**

**Seeing Your Best Self**

**Challenge:** In upcoming activities we'll continue to work on more pieces of your vision. For now, choose the challenge that fits you best.

Select one of the following choices:

**Easy:** Write a note to carry with you of words that remind you of your best self.

**Hard:** Draw things that would be part of becoming your best self.

**Skip.**

**The Movie of Your Life**

**Challenge:** Choose your future this week.

Select one of the following choices:

**Easy:** Write a reminder for yourself to take time to dream about your future.

**Hard:** Write down one step you could start taking now toward becoming your best self.

**Or write your own.**

**Stepping Towards Your Best Self**

**Challenge:** Choose your future this week.

Select one of the following choices:

**Easy:** Look for examples around you of people who are living lives similar to your future best self.

**Hard:** Talk to someone you trust about your vision for your future best self and how you might get closer to that vision.

**Or write your own.**

**Module 11: Adventures with ANTs****Finding ANTs**

**Challenge:** Choose a way to discover the automatic thoughts around you.

Select one of the following choices:

**Easy:** Try to recognize when you or others over-generalize using the words always, never or something similar.

**Hard:** When things go wrong or you're feeling low, write down the ANTs as they pop into your head. Don't try to control them. Just write down as many as you can. It's the best way to see what your mind is wrestling with. After, you can decide how to respond.

**Or write your own.**

**Anteaters: Recognize and Replace ANTs**

**Challenge:** This week, see how many types of Automatic Negative Thoughts you catch yourself or others saying.

**Hit Pause to Capture More ANTs**

**Challenge:** Choose a way to build your own pause superpowers.

Select one of the following choices:

**Easy:** This week, study the patterns of when and where you experience ANTs.

**Hard:** Write your plan below for practicing your pause habit this week.

**Skip.**