




# Reframing the Mind: Turning Everyday Narratives into Growth Stories

## Key Takeaways

1

### Reframing allows for a Growth Mindset

-  *Cognitive Reframing*
-  *Narrative Reframing*
-  *Positive Reframing*

**Reframing is the first step to successfully embracing a**



**Growth Mindset**

2

### Why This Matters to Everyone



**Automatic Negative Stories Shape our Mood**



**Common But Changeable**



**Lower Stress, Higher Resilience**



**Role Modeling the Growth Mindset**

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3

### Tips and Strategies for Reframing Everyday Narratives into Growth Stories

**"Yet"**



A useful word to build the growth mindset!

**Prepare Questions**



Sets You up to Challenge Unhelpful Narratives

**Plot Twist!**



Part of an Exciting Growth Story

#### Need a bit more help?

Discuss with your coach how to transform everyday narratives into stories that support your growth.



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