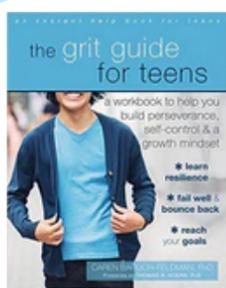


HIGH SCHOOL GROWTH MINDSET BOOK LIST

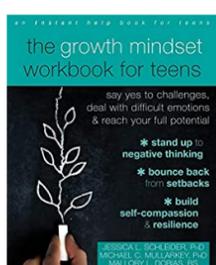
1



The GRIT Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control, and a Growth Mindset by Caren Baruch-Feldman

Helps build perseverance, resilience, self-control, and stamina.

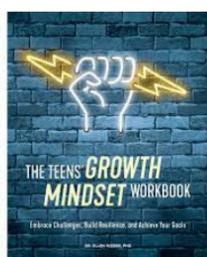
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The Growth Mindset Workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, and Reach Your Full Potential

Book by Jessica L. Schleider, Mallory L. Dobias, and Michael C. Mullarkey

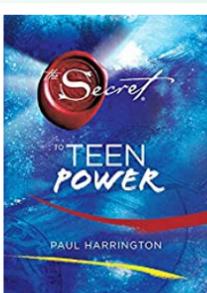
3



The Teens' Growth Mindset Workbook by Ellen Weber

Exercises that help students stay aware of their thoughts and keep their goals in mind.

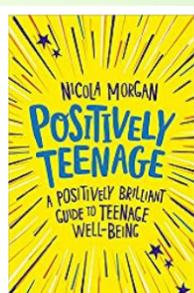
4



The Secret to Teen Power by Paul Harrington

Tips and strategies are given so teens can achieve their dreams.

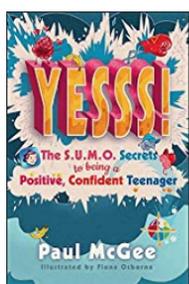
5



Positively Teenage by Nicola Morgan

Simple strategies to develop a positive attitude, growth mindset, self-understanding, determination and resilience.

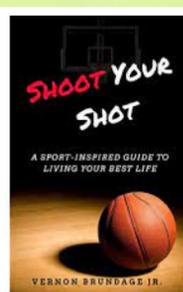
6



Yesss!: The SUMO Secrets to Being a Positive, Confident Teenager by Paul McGee

Sections of this book help teens to develop a more positive mindset.

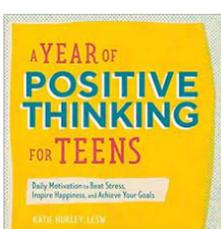
7



Shoot Your Shot: A Sport-Inspired Guide To Living Your Best Life by Vernon Brundage Jr.

"You miss all of the shots you don't take". Inspirational words by basketball professionals.

8



A Year of Positive Thinking for Teens by Katie Hurley LCSW

Practice positive moments, read positive quotes and use prompts to help with life.



Please review resources before sharing with children/students