NTI Day Packet

English
Mrs. Lynch

Growth Mindset Journal

Directions: Complete all five sections for each journal on the assigned NTI day. Please answer the questions in complete sentences.
NTI DAY 1

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name:_________________________
FAMOUS INSPIRATION

Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. Do you agree or disagree with the quote? Why?

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
—Martin Luther King Jr.

MINDSET VOCAB.

OPTIMISM

Definition:

Provide a real-world example below:

2-4 complete sentences

Would you rather live life safely or boldly? Explain your reasoning below.

Critical THINKING
Creative MINDSET

Explain how taking risks can lead you to success. Then, provide an example of a time in which you took a risk and it paid off.

Risk

2-4 complete sentences

LIFE & GOAL Planning

How often do you think about your future? When you think about it, what emotions do you feel? Explain.

MINDSET MOMENT

What is something you did this week to exercise growth mindset?
NTI DAY 2

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: ___________________________
FAMOUS INSPIRATION

Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. Why is continuous learning so important?

"The top experts in the world are ardent students. The day you stop learning, you're definitely not an expert."
—Brendon Burchard

MINDSET VOCAB.
PESSIMISM

Definition:

Provide a real-world example below:

2-4 Sentences

Who is the most important person in your life? How do they demonstrate a growth mindset? Explain in detail.
Creative MINDSET

Explain the importance of continuous learning in regards to growth mindset. In your opinion, is it possible to succeed without constant development? Why?

5-8 sentences

LIFE & GOAL Planning

If you could succeed at ANY career, what would it be and why? How can you make this dream reality?

MINDSET MOMENT

What is something you did this week to exercise growth mindset?
NTI DAY 3

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: ______________________
FAMOUS INSPIRATION
Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. Why do you think Collins said this?

"Telling a story in a futuristic world gives you this freedom to explore things that bother you in contemporary times." - Suzanne Collins

TUESDAY
MINDSET VOCAB.
MOTIVATION
Definition:

Critical THINKING
What are things that stand between you and absolute happiness?

Provide a real-world example below:
Creative MINDSET

THURSDAY

Take a moment to VISUALIZE your future.
What did you see? Describe it in detail using your five senses.

FRIDAY

LIFE & GOAL Planning

What career path did you want to lead when you were younger? Has that changed? Why or why not?

MINDSET MOMENT

What is something you did this week to exercise growth mindset?
NTI DAY 4

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: ______________________
MONDAY

FAMOUS INSPIRATION

Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. Explain the deeper meaning of the quote.

“Words mean more than what is set down on paper. It takes the human voice to infuse them with deeper meaning.” - Maya Angelou

TUESDAY

MINDSET VOCAB.

ATTRIBUTION THEORY

Definition:

Provide a real-world example below:

WEDNESDAY

If I asked your best friend what your top 5 BEST qualities were, what would they say and why? Would you agree?

2-4 sentences

Critical THINKING
**Creative MINDSET**

Who did you look up to when you were younger? How and why did they inspire you so much? Who do you idolize now?

5 sentences (paragraph)

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**FRIDAY**

**LIFE & GOAL Planning**

2-4 sentences

What exercises for the brain can you do to ensure a healthy mindset? For example: Plenty of rest.

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**MINDSET MOMENT**

What is something you did this week to exercise growth mindset?
NTI DAY 5

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: ______________________
**MONDAY**

**FAMOUS INSPIRATION**

Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. Do you agree or disagree with the quote? Why?

"Gratitude is the key to happiness. When gratitude is practiced regularly and from the heart, it leads to a richer, fuller, and more complete life... It is impossible to bring more abundance into your life if you are feeling ungrateful about what you already have." -Vishen Lakhter

**TUESDAY**

**MINDSET VOCAB.**

**CONFIDENCE**

Definition:

Provide a real-world example below:

**WEDNESDAY**

**Critical THINKING**

If you could send a message to the entire world in 30 seconds, what would the message be and why?

2 sentences
If each piece of a 10 piece puzzle had a word that represented you on it, what 10 words would we see?

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

What challenges you in a positive way? For example: achieving a high score on a difficult test.

What is something you did this week to exercise growth mindset?
NTI DAY 6

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: __________________________
FAMOUS INSPIRATION

Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. What does Gilligan mean by rigid thinking?

"If you are too rigid in your thinking, you may miss some wonderful opportunities for story telling." –Vince Gilligan

TUESDAY

MINDSET VOCAB.

SELF-KNOWLEDGE

Definition:

Provide a real-world example below:

WEDNESDAY

If you could watch a video of your life up until now, would you be proud of your actions? Why or why not?

2-4 sentences

Critical THINKING
Creative MINDSET

How does living a healthy lifestyle demonstrate a growth mindset? Provide examples and an explanation.

2-4 Sentences

FRIDAY
LIFE & GOAL Planning

What is your biggest stressor right now? Will this matter one year down the road? How about five?

THURSDAY

MINDSET MOMENT

What is something you did this week to exercise growth mindset?
NTI DAY 7

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: ____________________
MONDAY

FAMOUS INSPIRATION
Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. Why is it important to pursue a career you love?

"I don't need a vacation in the traditional sense, like I would if I had a job I hated." —James Franco

TUESDAY

MINDSET VOCAB.

BULLYING

Definition:

Provide a real-world example below:

WEDNESDAY

If you knew you were going to live for 500 years, what would you do with your life? Where would you go?

Critical THINKING
**Creative MINDSET**

Explain the importance of physically writing out your goals, dreams, and aspirations. Then, write down an example of each.

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**FRIDAY**

**LIFE & GOAL Planning**

What are you most PASSIONATE about in life? What brings you the most fulfillment? How can you translate that passion into a career? Explain below.

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**THURSDAY**

**MINDSET MOMENT**

What is something you did this week to exercise growth mindset?
NTI DAY 8

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: ___________________________
MONDAY

FAMOUS INSPIRATION

Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. What does it mean to be creatively satisfied?

"People want to be creatively satisfied, and having fun is such an important part of that."
—John Lasseter

TUESDAY

MINDSET VOCAB.
SELF-TALK

Definition:

Provide a real-world example below:

WEDNESDAY

Critical THINKING

What would you do differently if you knew no one was judging you? Why should we avoid judging others?
THURSDAY

Write about a time in which you worked with someone who lacked hard work and ambition. How did you motivate them?

FRIDAY

LIFE & GOAL Planning

Describe your ideal career below. What does it look like, how does it make you feel, and what is the reward?

MINDSET MOMENT

What is something you did this week to exercise growth mindset?
NTI DAY 9

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: ___________________________
MONDAY

FAMOUS INSPIRATION

Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. Do you follow these two rules? How?

"I've only had two rules: Do all you can and do it the best you can. It's the only way you ever get that feeling of accomplishing something."

-Colonel Sanders (KFC Chicken)

TUESDAY

MINDSET VOCAB.

SELF-WORTH

Definition:

Provide a real-world example below:

Critical THINKING

WEDNESDAY

Let's discuss regret. Have you experienced regret? What can you do if something regretful happens?
Thursday

Research and write five interesting facts about the human brain. BONUS: color the brain to the right!

Friday

Life & Goal Planning

What is more important in regards to a job: skill or hard work? Explain your answer below.

Mindset Moment

What is something you did this week to exercise growth mindset?
NTI DAY 10

Growth Mindset Journal
Complete all 5 sections!

English
Mrs. Lynch

Name: ____________________
**MONDAY**

**FAMOUS INSPIRATION**
Research the inspirational figure for the week and write down one interesting fact. Then, read the quote and explain how it relates to growth mindset. Why is it so important to love yourself?

"I love who I am, and I encourage other people to love and embrace who they are. But it definitely wasn't easy - it took me a while."
-Serena Williams

**TUESDAY**

**MINDSET VOCAB.**

**SELF-CONCEPT**

Definition:

Provide a real-world example below:

**WEDNESDAY**

Is having a competitive mindset important? Why or why not? Provide examples to support your claim.
Creative MINDSET

What activities give you peace of mind? How often do you do these activities and how can you make more time for them?

FRIDAY

LIFE & GOAL Planning

What advice would you give yourself three years ago? How about ten? Explain your reasoning below.

THURSDAY

MINDSET MOMENT

What is something you did this week to exercise growth mindset?