



# YOUR BEST YEAR EVER

PRESENTED BY:  
centrivity 

# Embrace Growth

## LAYING THE GROUNDWORK





# WELCOME



Watch and listen to the mindset introduction.

*When we understand and embrace the power and understand the limitations of the brain and mind:*

- We recover quickly
- We use our failures as a method to learn
- We become more resilient
- We become more insightful
- We take on new challenges and experiences with excitement
- We live full, satisfying lives

## LEGEND



Take Action



Reflection



Further Resource



Idea



Video / Audio Content



Assessment



# COURSE OUTLINE

## PART 1: MINDSET

### BUILDING THE FOUNDATION FOR GROWTH

- Growth Versus Fixed Mindset
- Beginner's Mind
- Learning and Progression

## PART 2: NEUROSCIENCE 101

### THE SCIENCE OF GROWTH AND DEVELOPMENT

- Neuroscience of Growth and Change
- Evolution of the Brain
- Limitations of the Mind

## PART 3: TAKING ACTION

### PUTTING IT INTO PRACTICE

- Practices for a Healthy Mind
  - Realistic Optimism
  - Mindfulness



