

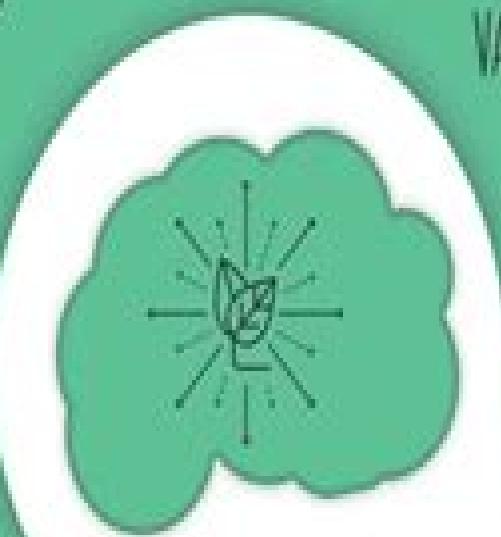
GROWTH MINDSET

MISTAKES
HELP ME
LEARN

FEEDBACK IS
VALUABLE

I IMPROVE
WITH
PRACTICE

I WON'T
GIVE UP



IS THIS
MY BEST
WORK?

FIXED MINDSET

I WANT TO
AVOID MAKING
MISTAKES

I'LL NEVER BE
THAT SMART



I KNOW
BEST

THIS IS
GOOD
ENOUGH

I
GIVE UP

Self Help Mindset Quick Start

**Belinda Childs,American Diabetes
Association**

Self Help Mindset Quick Start:

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The Associate's Survival Guide Samuel M. Fassig, 2005 *Care* Brooke McAlary, 2021-06-16 From the internationally bestselling author of SLOW comes a new call to arms for a new approach to living well for everyone Tiny acts of care are everywhere A smile passed between strangers A moment spent noticing the light through the leaves A

homemade meal shared with friends A parent chasing their child around the park smiles spread on their faces But when the world we live in is overwhelmingly a world of disconnection pain and division it makes sense to ask whether these acts of care beautiful moments of delight connection and kindness that they are really matter at all Brooke McAlary believes they matter In fact she believes they might be some of the most important actions we will ever take Now more than ever we're burnt out heartsick and overwhelmed by a world full of problems that seem too big to fix The solution doesn't lie in caring less and switching off Nor does it lie in caring more and throwing ourselves into further burnout The radical solution is to learn how to care small Tiny even Care The radical art of taking time explores what it means to care in small powerful ways for ourselves our loved ones and our communities and reveals that caring doesn't need to cost us our wellbeing happiness or connection to the world That making simple changes to how we live spending more time in nature putting down our devices and connecting with each other face to face finding awe and wonder in the world around us and remembering how to play will have ripple effects that reach far beyond our own corner of the planet With unwavering compassion and understanding Brooke McAlary takes us on a journey to rediscover the small pleasures that create large ripples reminding us that no one needs to shoulder the burden of doing it all by themselves we only need to cast our eyes forward and start small with care

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