

Applied BRAiNOLOGY®

Lesson 2

Malleable Mind and Setting Growth-Minded Goals

- Brain and Neuron Art
- Goal-Setting Mini Lesson 1: Setting the Goal
- Self-Assessment: Brain Health Scan

Neural Growth

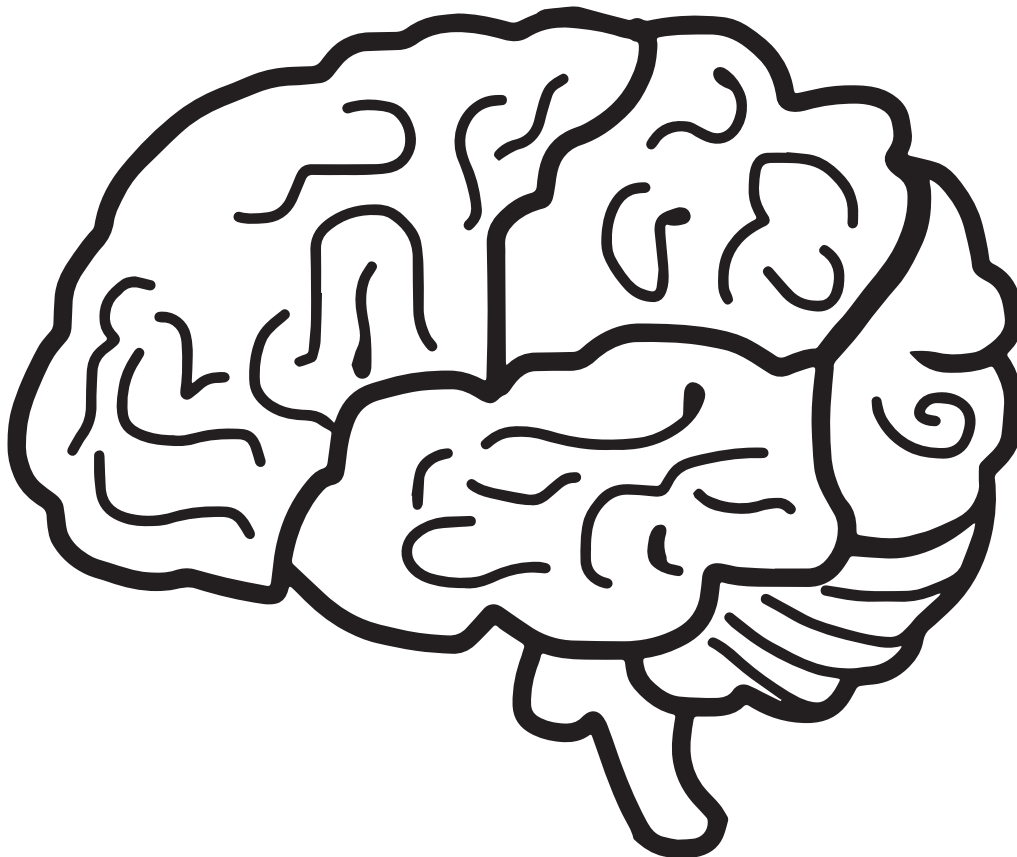
Step One: Draw a healthy, strong brain neuron in the box below. Explain what you added to your drawing to show the neuron is healthy. This is meant to be done on paper.

Step Two: Choose three things you would like to be very good at. Write each on one of the lines in the "key." Choose a color to represent each thing (a different color for each thing you want to be good at).

Step Three: Using all three colors, draw brain neurons on your brain that represent how good you are now at each of those things. If you have put in more practice in one thing than another, add more neurons!

Neuron

Explanation



Key

<input type="text"/>	_____
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GROWTH MINDSET GOAL ACTION PLANNING FRAMEWORK

Current State

Where am I now? To meet this goal, what new skills or knowledge will I need to learn?

Identify Obstacles

What fears or barriers might be holding me back?



What obstacles might happen as I work toward my goal?

How do I sabotage myself and limit my own success?

Support System: Get plugged in!

Who could give me feedback on my progress and strategies?

Who can support me?

How often will I review my goal and plan?



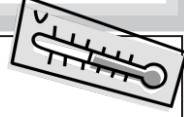
What is my SMART goal?

Specific
Motivational
Actionable
Realistic
Time-bound
GOALS

ACTION PLAN: TASK ANALYSIS

Task	Planned Completion Date	Notes
1.		
2.		
3.		
4.		
5.		

How will I know I achieved my goal?



Motivation Evaluation

How challenging is this goal for me?

a. Not at all... b. Somewhat... c. Very...

Can I do it?

a. Yes, definitely b. Probably c. Maybe d. Probably not

How motivated am I to achieve this goal? WHY?

a. Not at all... b. Somewhat... c. Very...

Who else wants me to achieve this goal and why?

What or who is inspiring to me to me when I think about achieving this goal?



Scan Your Brain Health

To learn, grow, and perform well, your brain needs to be physically healthy. Answer the following questions to get feedback on how healthy your brain habits are right now and how you can improve them. For each question below, circle the number next to your answer.

A. Sleep: How many hours of sleep did you get last night?

- 1) 6 or less
- 2) 7-8
- 3) 8 or more

B. Nutrition: How many of the following types of foods did you eat today?

- Fish or lean meat (fish, chicken, or turkey)
- Dairy (eggs, milk, cheese, or yogurt)
- Fruits and Vegetables (apples, oranges, broccoli, beans, spinach, etc.)
- Nuts and Grains (almonds, peanuts, walnuts, pistachios, cashews, whole wheat pasta, whole grain bread/cereal, bran muffin)

- 1) None of these food types
- 2) One of these food types
- 3) Two of these food types
- 4) Three or more of these food types

C. Exercise: What kind of exercise did you do today?

- 1) None
- 2) Light (for example, walking, housework)
- 3) Medium (dancing, skateboarding, baseball, hiking, etc.)
- 4) Heavy (running, swimming, basketball, soccer, etc.)

D. Exercise: How long did you do the exercise above?

- 1) Less than 10 minutes
- 2) 10-19 minutes
- 3) 20-30 minutes
- 4) More than 30 minutes

Score Your Brain Health

Add up all the numbers that you circled (1, 2, 3, or 4) and look at the feedback chart below.

If your total points were:	You were in the:	This means:
Less than 7	Fixed Mindset Zone	Your overall brain health for this period was in the fixed range. This means that your brain does not have all the support it needs to grow stronger. Sleep, nutrition, and exercise all help the brain learn. Look at the feedback below to see how you can keep your brain healthy and move into the Growth Zone.
7-11	Mixed Mindset Zone	Your overall brain health for this period was in the mixed range. This means that you are doing some good things for your brain, but it still does not have all the support it needs to grow stronger. Sleep, nutrition, and exercise all help the brain learn. Look at the feedback below to see how you can keep your brain healthy and move into the Growth Zone.
12 or more	Growth Mindset Zone	Your overall brain health was in the growth range. This means that you are doing lots of good things to make your brain healthy. Even so, there may be ways that you can do better. Sleep, nutrition, and exercise all help the brain learn. Read the feedback below to see how you can keep your brain healthy.
What can you do about it?		Take a look at your answers to each of the questions. Where did you circle a 3 or 4? Those were your healthy brain growth areas! Where did you circle a 1 or a 2? Those are the places to work on. Look at the categories below to see how moving yourself into the Growth Zone can help.
Sleep	The recommended amount of sleep is 8 hours or more for young people. When you sleep, your brain cleans out the junk, locks in new knowledge, and grows new brain cells. If you are having trouble sleeping, try using “square breathing” (from Brainology Level 2—see your Study Tips Guide).	
Nutrition	Good nutrition makes your brain cells work faster and better. Foods that are best for brain health are natural foods, like eggs, fish and poultry, low-fat dairy, fruits, vegetables, and whole grains. Try not to eat lots of sugar, fat, and salt found in processed snacks and fast food—they are not healthy for your brain.	
Exercise	Exercise gets oxygen flowing to your brain and makes you grow more new brain cells. Doing aerobic exercise—where your heart rate and breathing go up—for at least 20 minutes a day is best. This includes activities like dancing, jogging, swimming, basketball, soccer, or similar sports that get you moving.	

What will you do to help your brain stay in the Growth Zone?

I will focus on increasing my:

- Sleep
- Nutrition
- Exercise

How will you do this?

What I will do:

When will I do it?

Who will help me?

How will this help me to grow?