

Your Mindset Matters: What Your Child Learns From You

Your child isn't just listening to what you say — they're watching how you handle effort, mistakes, and hard moments. This guide helps you notice where your mindset shows up in everyday situations — and how small shifts can help your child build confidence and resilience.



Where Your Mindset Shows Up Every Day

How You React to Their Struggle



It's not just what you say — it's what you do. Children feel your stress before they hear your words. Staying calm helps them feel safe enough to keep trying.

How You Talk About Ability



Your words shape how your child sees themselves. Phrases like “I’m not good at this” can make ability feel fixed. Remind them that skills grow with practice.

How You Handle Your Own Mistakes



Your child is always watching. How you respond becomes their model. If you shut down or criticize yourself, they learn that too. If you stay calm and try again, they will too.

How You Frame Hard Things



How you talk about challenges matters. Do you avoid them or face them with curiosity? Your words shape how your child sees difficulty.

Power Scripts

When your child is struggling

“I’m right here with you. You don’t have to figure it all out — let’s just take one small step.”

When you say something negative about yourself

“Let me try that again. I’m still learning this — it doesn’t come easily yet, but I’m working on it.”

When you mess up in front of them

“I got that wrong. That’s frustrating — but it helps me learn what to do differently next time. I’m going to try again.”

When their “I can’t” spikes your anxiety

“I notice I want to jump in right now. But I know you can try. Let’s take a breath and start with one small step.”



When you shift from reacting to responding with intention, your child learns more than just words. They learn how to face challenges with confidence — even when you’re not there to guide them.

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We love seeing our resources in action—and want to ensure they're used in ways that honor the creativity and effort behind them.

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- Therapists, educators, coaches, or other professionals
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Not sure if it applies to you?

Take a quick look at what's included based on your role:

 [For Schools & Educators \(PDF one-pager\)](#)

 [For Therapists & Mental Health Professionals \(PDF one-pager\)](#)

If you have any questions, email us at support@biglifejournal.com

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– The Big Life Journal Team

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Big Life Journal

Two funny aliens. One kid who finally feels understood.

A new podcast for ages 6–11. Pip and Nova explore Earth and help kids feel braver, kinder, and less alone in the hard stuff.

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**Social-Emotional Learning
(SEL)**



Written to be funny



Listen at home or
on the go

“I LOVED IT! ...The suspense, the excitement, the jokes, the nerdy stuff!”

9-year-old listener

“They were laughing and repeating the lines.”

A parent

What your child grows into:

- ✓ Trying even when it's hard
- ✓ Including the kid on the outside
- ✓ Being kind to their own mistakes
- ✓ Feeling brave to ask for help
- ✓ Accepting all their emotions



≡ MEET ≡

PIP & NOVA

They travel to Earth for one mission:
understanding humans.

In each episode, your child becomes an Agent — joining Pip and Nova to decode friendship, feelings, mistakes, and the everyday hard stuff.



Ready for your child to join the mission?

Every new Agent gets a Welcome Packet!

or scan with
your phone



START YOUR 14-DAY FREE TRIAL

Want a taste first?

► **Listen to the trailer**

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Now that you have this resource, build the future-ready skills!
Join GrowthMinded, THE DIGITAL MEMBERSHIP & TOOLKIT with expert guidance and evidence-based tools.

5 Skills Every Child Needs to Thrive

One science-backed framework. Two ways to use it. 1-1 coaching included.



You aren't doing this alone. Every GrowthMinded membership includes unlimited 1-1 coaching. Whether you need a script for a tough classroom moment or advice for a difficult evening at home, our experts are here to guide you.

Choose the option that's right for you:

Bring Resilience Home

- Bite-sized activities to build life skills
- 1-1 coaching to help you stay calm when they aren't
- From toddlers to teens, we have the roadmap

Explore the parent's path

Teach Life Skills with Zero-Prep

- Interventions for Tier 1 & 2 support
- 1-1 professional coaching for complex case support
- The Home-Connection Bridge: Ready-made guides to ensure consistency at home

Join the educator's path

Join the clinical & private practice path

Used by 2,000+ homes, schools, and clinics worldwide. Research-backed and evidence-based.