

# COOKIE JAR OF CALM

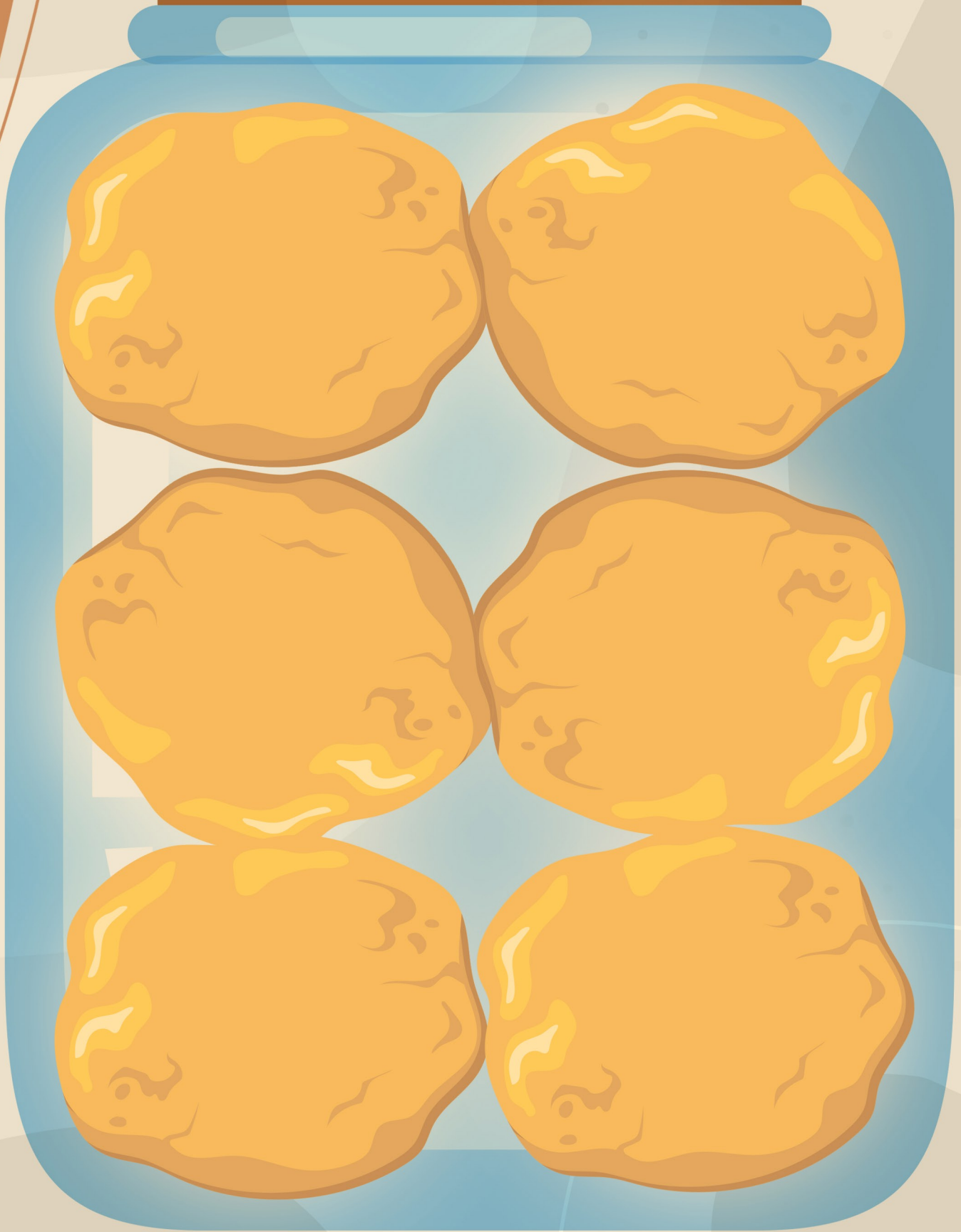
Our negative thoughts can get the best of us sometimes so it's easy to forget about the small achievements and the good things that we experience. This exercise will help you develop your growth mindset.

In each cookie write an accomplishment you achieved that was challenging but helped you learn and grow.





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Note that these activities are best done with a mental health professional. There is absolutely no shame in asking for help. If you feel the need to talk to someone, we encourage you to reach out to us through this link: <http://bit.ly/MNhelp>. Our psychologists are ready to help you.



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