



## KEY TERMS

**Acceptance:**

**Avoidance:**

**Fixed Mindset:**

**Growth Mindset:**

**Multi-Tasking:**

**Bad Habit:**

**Anxiety:**

**Nerves:**

**Old Brain:**

**Off Time:**

**Mindfulness:**

**Stable Confidence:**

**Loss Aversion:**

**Identity:**

**Flexible Thinking:**

**Composure:**

**Space:**

**Values:**


**Grounding:**

**Intention:**

**High Quality Question:**

**Mental Safety Net:**



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