



Soaringwords'
SOARING into Strength
Positive Health Initiative
**Innovation & Growth Mindset
Workbook**

Donation generously provided by



Presented by:

Lisa Honig Buksbaum, CEO & Founder, Soaringwords

Email: Lisa@soaringwords.org

Facebook: facebook.com/Soaringwords | Instagram: [@soaringwords](https://instagram.com/@soaringwords)



Top Ten List

List the top 10 words that come to mind when you think of innovation.

1

6

2

7

3

8

4

9

5

10

Introduction

Do you agree or disagree with the following statements?

1. Your intelligence is something very basic about you that you can't change very much.

Agree Disagree

2. You can learn new things, but you can't really change how intelligent you are.

Agree Disagree

3. No matter how much intelligence you have, you can always change it quite a bit.

Agree Disagree

4. You can always substantially change how intelligent you are.

Agree Disagree

5. You are a certain kind of person, and there is not much that can really change that.

Agree Disagree

6. No matter what kind of person you are, you can always change substantially.

Agree Disagree

7. You can do things differently, but the important parts of you can't really be changed.

Agree Disagree

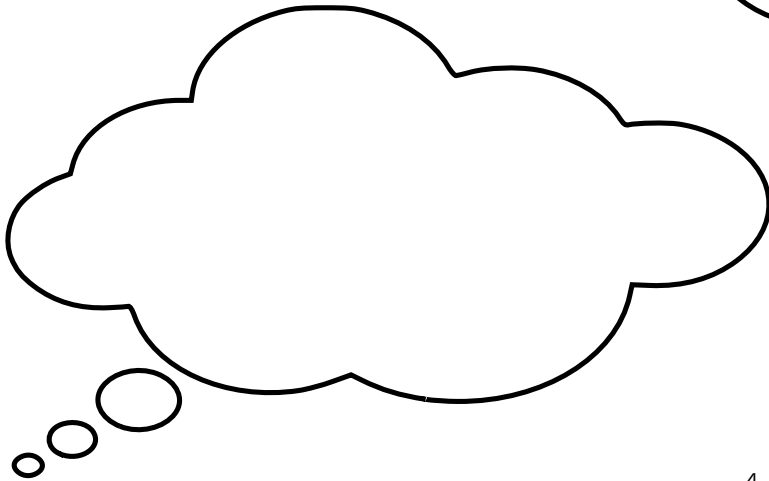
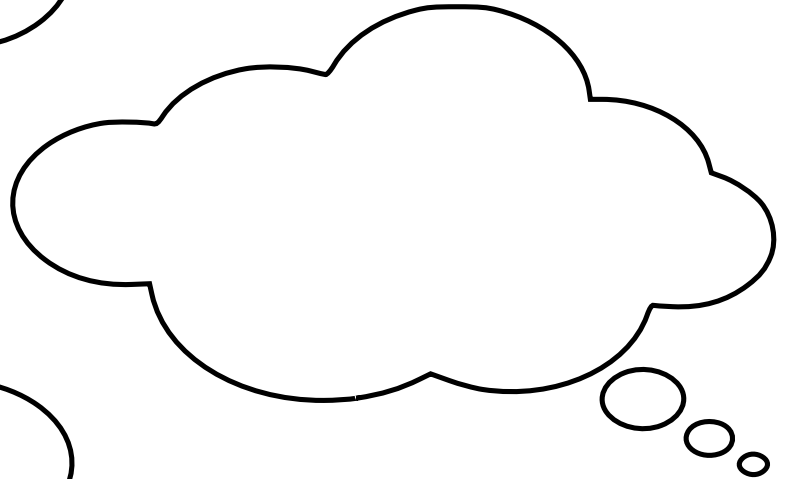
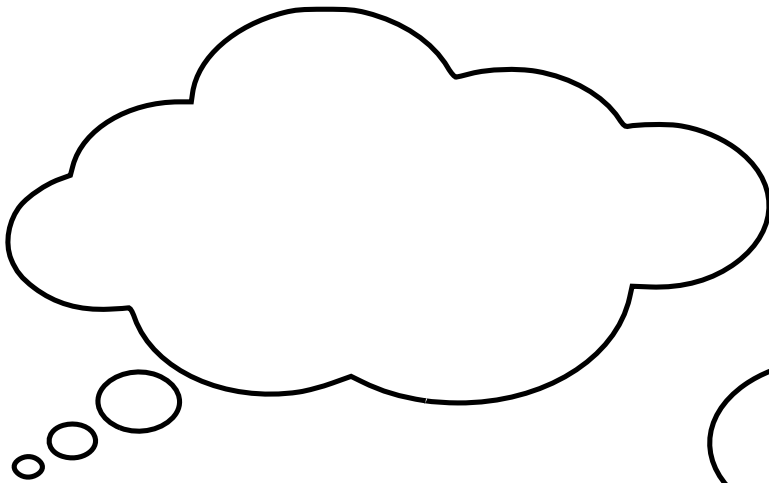
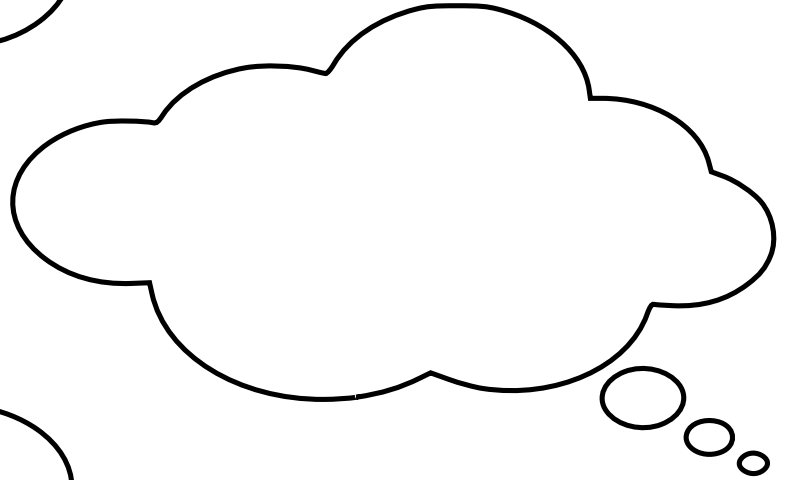
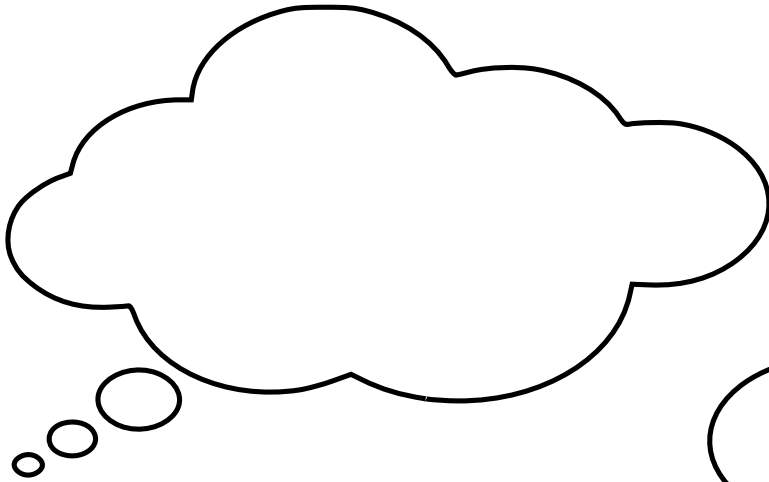
8. You can always change basic things about the kind of person you are.

Agree Disagree



Innovation Inspiration

When I think about innovation, the people who I think about are:





Coffee Cup Challenge



Coffee Cup Challenge: 25 New Ideas



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____

Coffee Cup Challenge

Reflection 2: Questionnaire

When I first heard about the Coffee Cup Challenge, I felt...
Answer yes or no regarding how you feel about the following thoughts:

I feel scared. What if I can't come up with any creative ideas?

Yes No

How will we possibly think of 50 ideas in 5 minutes? That's impossible.

Yes No

This is a fun way to stretch my mind and learn from my colleagues.

Yes No

This is a different way of thinking about things from my "day job." Let's give it a try!

Yes No

I don't like being under pressure, especially when having to come up with so many new ideas in a limited amount of time.

Yes No

I am excited to see how many ideas I can imagine!

Yes No

I've never done anything like this. I'm intimidated to be creative.

Yes No

I like to be challenged and this was a task that pushed me beyond my comfort zone.

Yes No

Growth vs. Fixed Mindset

Here are two statements. Circle the statement that fits into a Growth Mindset, draw a square around the statement that reflects a Fixed Mindset.

I failed.

I am a failure.

Growth vs. Fixed Mindset Reflection 2

Use a Growth Mindset to come up with five novel ways to think about this task in a more positive light.

1

2

3

4

5

10 Things You Like About Your Favorite Thing to Do

Think about a task or reoccurring job responsibility that is **one of your favorite things to do**.

Write down 10 things you really like doing about this task.

1

6

2

7

3

8

4

9

5

10

SoaringWords



the power to heal

Guidelines for Creating SoaringBeds

Children and teenagers in the hospital tend to get tired of having to be in the bed all day, so use your imagination to transform a hospital bed into a SoaringBed. Make something creative, funny,

that innovative that no one has ever seen before. **This means the bed that you create will be special and different than everyone else's!** Your SoaringBed drawing will be shared with hospitalized children in your community to brighten up their room and inspire them to smile.

Here's How to Get Started:

1. Think of the theme for your bed and all the special things the bed can do. You can invent a rocket ship bed, a mountain climbing bed, or a marshmallow bed. There are so many great ideas for innovative beds that you can create.
2. Use the Soaringwords Border to draw a picture of your special bed and then write what about the unique, fantastic, or funny things your bed can do.
3. Write the name of your SoaringBed on the top of the page.
4. Write your name and country on the bottom of your page.

Pointers:

Do make your picture really big, bright, and colorful. Fill the entire page with your picture and message.

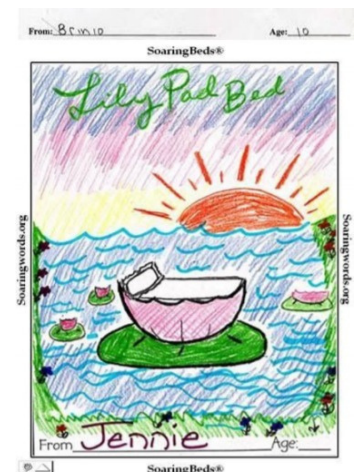
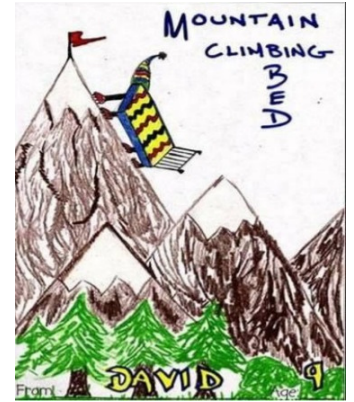
Do make sure your words are legible and neat, so that they can be easily read.

Don't include illness or death in your SoaringBed Drawing.

Don't write "Get Well Soon" or "Feel Better" because these messages can actually make an ill child feel sad.

After You Decorate:

Take a photo of your special SoaringBed message and email it to heal@soaringwords.org. Soaringwords will share your SoaringBed with a hospitalized child.



SoaringBed

(Soaringbed Name)

My message for you:

Created By: _____