



Resilience, Instruction, Support, and Excellence

DECEMBER 2021

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COHORT 1

## **Originals: How Non-conformists Move the World**

*by Adam Grant*

- » Read Pages 211-243
- » Answer this question: “How do you feel about *The Positive Power Of Negative Thinking?*” (page 212)

## **Rising Strong**

*by Brene Brown*

- » Read the Introduction through page 11.
- » Answer the following: In the introduction, the author says that “wholehearted living” can be defined as feeling worthy. “No matter what gets done and how much is left undone, I am enough....Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am brave and worthy of love and belonging.” *How often do you feel this way? Is that feeling something you would find valuable? Possible?*
- » Brene Brown talks a lot about “the arena,” the area in which we're exposing our vulnerabilities. *When is the last time you “fell facedown?”*

## **Mindset: The New Psychology of Success**

*by Carol S. Dweck, Ph.D.*

- » Read Chapter 3 : *The Truth about Ability and Accomplishment*
- » Answer the following: *Did you always assume that success came right from innate talent or ability?*
- » Discuss people you know who are brilliant or talented but never went anywhere. And people who are not so brilliant or talented, but are highly successful. How did they do it?

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