



The Resilience Framework

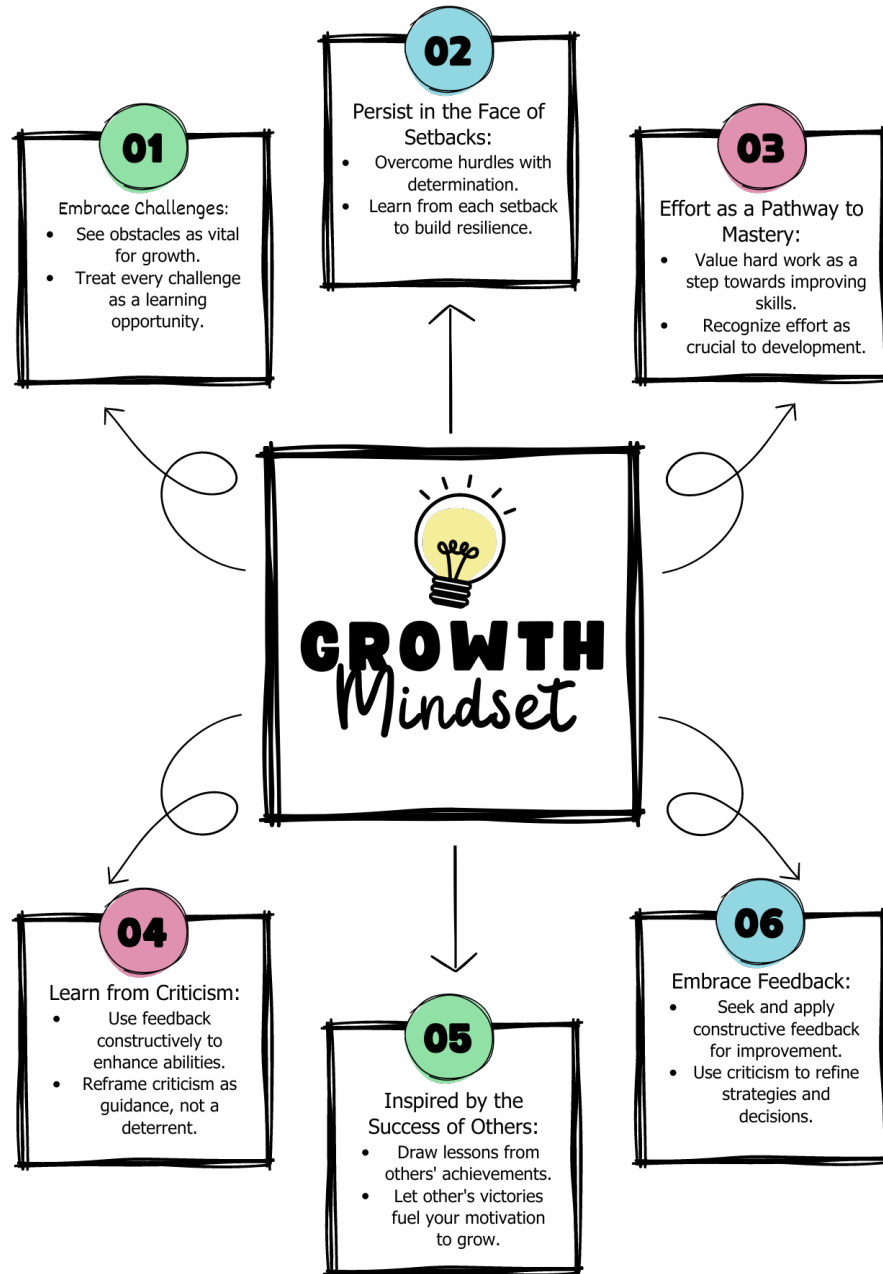


Figure 6: The Resilience Framework: Six Steps to Cultivate a Growth Mindset

This diagram illustrates the six pivotal steps to developing a growth mindset, which is essential for cultivating resilience. Each step represents a fundamental principle that can help individuals turn challenges into opportunities for growth, much like Darius did in his community center.