Personal wellness Sept. 21st

Growth mindset part 2: <https://www.youtube.com/watch?v=ZclFscIrfqo&list=PLxtcsi-rkanGPHfbF8LhEX2-_5tTO--6U&index=2>

Growth mindset part 3: <https://www.youtube.com/watch?v=jXmSX1eRZO4&list=PLxtcsi-rkanGPHfbF8LhEX2-_5tTO--6U&index=3>

Goal setting parts 1-3:

<https://www.youtube.com/watch?v=yfsMny2cXm8&list=PLxtcsi-rkanG-nq2nLkr2CDRYbDQ3uGYW>