



GROWING INTO NEW HATS!

Growth happens one step at a time.



1. **I'm New:** I am just starting and learning.



2. **I'm Learning:** I am learning what to do.



3. **I'm Practicing:** I am practicing and making progress.



4. **I'm Growing:** I am getting better and building confidence.



5. **I'm Confident:** I can do it! I keep growing and helping others.



This month, I am growing into...





How to Use "Growing Into New Hats"

Purpose:

Learning a new role takes time. This visual reminds us that confidence isn't something we have from the beginning—it's something we build through practice, patience, and experience.

Directions

1. Identify Your Current Stage

Think about a role you're currently learning, such as becoming an advocate, teaching greater independence, navigating school services, starting a new job, or building a new life skill. Decide which step best describes where you are today.

2. Celebrate Your Growth

Talk about the progress you've already made instead of focusing only on what still needs to be learned. Every step forward is evidence of growth.

3. Set One Small Goal

Complete the section at the bottom of the page by writing:

"This month, I'm growing into..."

Choose one small action that will help you continue building confidence in that role.

4. Review Your Progress

Revisit the visual regularly. As your confidence grows, move to the next step and celebrate how far you've come. Remember that growth isn't always a straight path, and it's okay to spend time practicing before moving forward.

Goal:

Encourage a growth mindset by recognizing that every new role develops through small, consistent steps rather than expecting immediate confidence or perfection.

