

From Stuck to Inspired: Notes

CU Boulder Student Success Conference 2026

Five Mindsets

Reframe

Replace limiting beliefs with generative possibilities

Personal Reflections:

Be Curious

Explore new opportunities with openness and wonder

Personal Reflections:

Try Stuff

Take action through low-risk prototypes and experiments

Personal Reflections:

Know It's a Process

Embrace the messy, non-linear journey of growth

Personal Reflections:

Ask for Help

Leverage radical collaboration and community support

Personal Reflections:

My Action Plan

One mindset to practice this week:

One small action to take:

1. Reframe



Dysfunctional Belief: _____



Generative Belief: _____

2. Curiosity Radar

3 things sparking your curiosity right now:

One to explore this week:

One small action to investigate it:

3. Prototype Your Day

01

Experiment with:

One thing in your daily routine to experiment with or improve...

02

Design prototype:

Design a 15-minute prototype to try...

4. Good Outcome vs. Useful Outcome

GOOD outcome

What you wanted to happen - your initial goal or expectation:

USEFUL outcome

What it actually gave you - the unexpected learnings, insights, or new directions:

5. Collaboration Map



Advisors & Mentors

Person/People: _____

Help Needed: _____



Subject Experts

Person/People: _____

Help Needed: _____



Community Networks

Person/People: _____

Help Needed: _____



Friends & Family

Person/People: _____

Help Needed: _____



Peers & Colleagues

Person/People: _____

Help Needed: _____