

I have a **GROWTH**
MINDSET.

I am in charge of how smart I am because

I can **GROW** my **BRAIN**

like a muscle by learning hard things.

I can achieve

ANYTHING

with **EFFORT** and

RIGHT STRATEGIES.

And when I fail or make a mistake,

it is a **GREAT** thing, because

I can **LEARN** from them and

I GET BETTER!

I LEARN FROM FAILURES I AM ARTISTIC I AM CAPABLE
FUNNY I LOVE LEARNING
POSITIVE STRONG
I WORK My IDEAS Are UNIQUE
HARD I DON'T GIVE UP I TRAIN MY BRAIN
I BELIEVE IN ME I AM RESILIENT
I CAN ALWAYS IMPROVE I CHEER MYSELF UP I GO AFTER MY DREAMS
I DO MY BEST GRATEFUL I CAN ACHIEVE GREAT THINGS
CARING LOVED & LOVING
CREATIVE I AM A
UNSTOPPABLE RESOURCEFUL PROBLEM SOLVER
AMBITIOUS I PRACTICE TO GET BETTER
I TRY NEW THINGS I AM BRAVE FOR TRYING

I LEARN FROM FAILURES I AM ARTISTIC I AM CAPABLE
FUNNY I LOVE LEARNING
POSITIVE STRONG
I WORK HARD My IDEAS Are UNIQUE
I DON'T GIVE UP I TRAIN MY BRAIN
I AM RESILIENT
I BELIEVE IN ME
THOUGHTFUL I CAN ACHIEVE GREAT THINGS
INSIGHTFUL
I CAN ALWAYS IMPROVE I CHEER MYSELF UP I GO AFTER MY DREAMS
I DO MY BEST
GRATEFUL LOVED & LOVING
CARING I AM A
CREATIVE RESOURCEFUL PROBLEM SOLVER
UNSTOPPABLE
AMBITIOUS I PRACTICE TO GET BETTER
I TRY NEW THINGS I AM BRAVE FOR TRYING

MAKE A DIFFERENCE EVERY DAY

REST
more

PLAY
more

READ
more

**HAVE
LOTS
OF FUN!**

PAUSE
to **THINK**



*Teach
Others*

*Take on
a
challenge!*

**LEARN
A NEW
SKILL**

**MAKE LOTS OF
MISTAKES**

FIND
WHAT MAKES
*YOU
Happy*

SPEND MORE TIME OUTSIDE



SUCCESS

FAILURES

GRIT

LEARNING

EFFORT

KINDNESS

DISCIPLINE

SELF-CARE

REJECTION

FRUSTRATION

PATIENCE

POSITIVE ATTITUDE

PERSISTENCE



BRAVE

SAFE

UNIQUE

POSITIVE

HELPFUL

CONFIDENT

TRUTHFUL

CREATIVE

HARD WORKING

IMPORTANT

LOVING

CURIOUS

GRATEFUL

PERSISTENT

CARING

LOVED

KIND



YOUR BRAIN
IS A

SUPERCOMPUTER



AND
YOUR
SELF-TALK
IS THE PROGRAM
IT WILL RUN

JIM KWIK