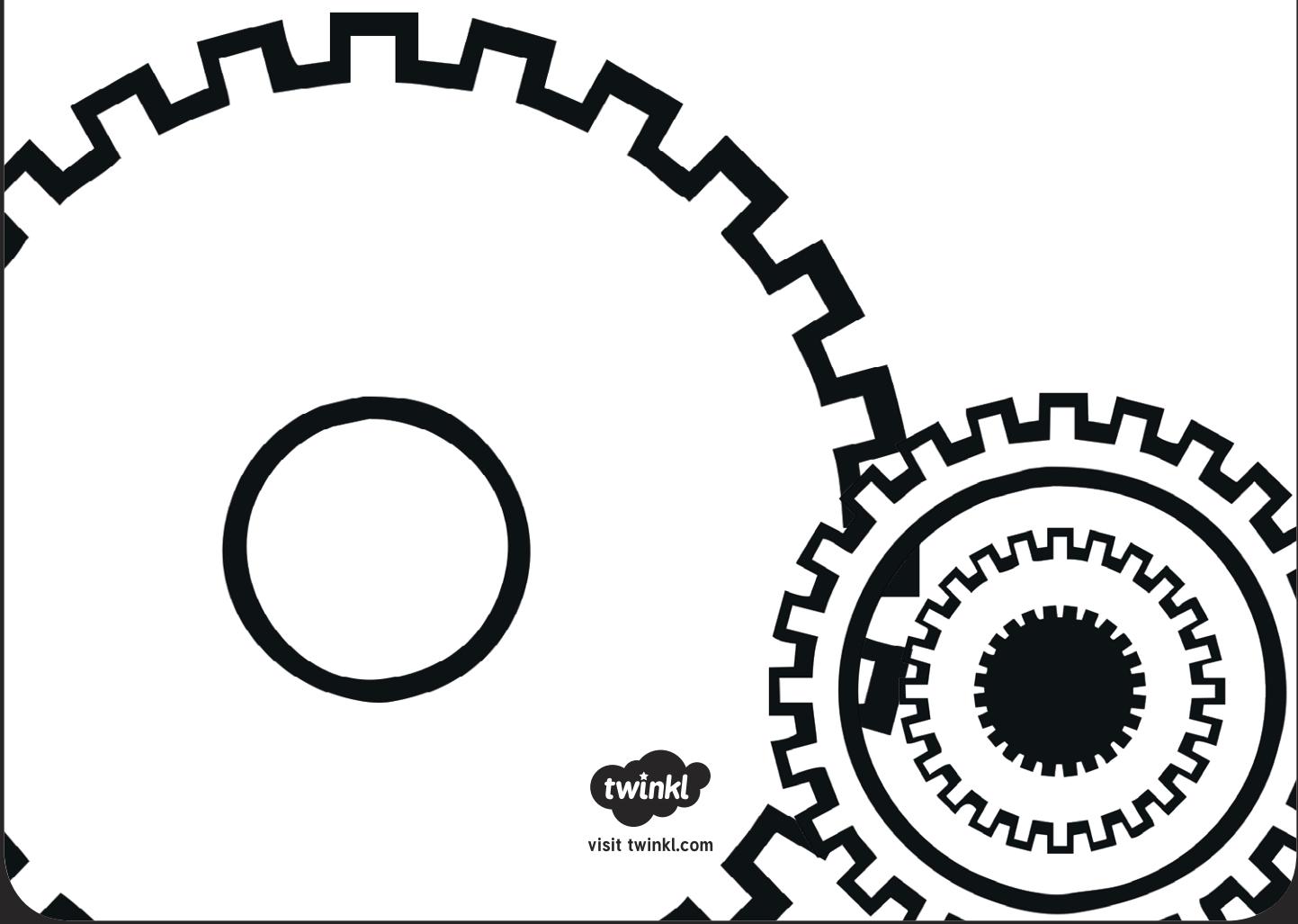


Instead of Saying...

I am no good at this!

Try Thinking...

**What can I do to
improve?**

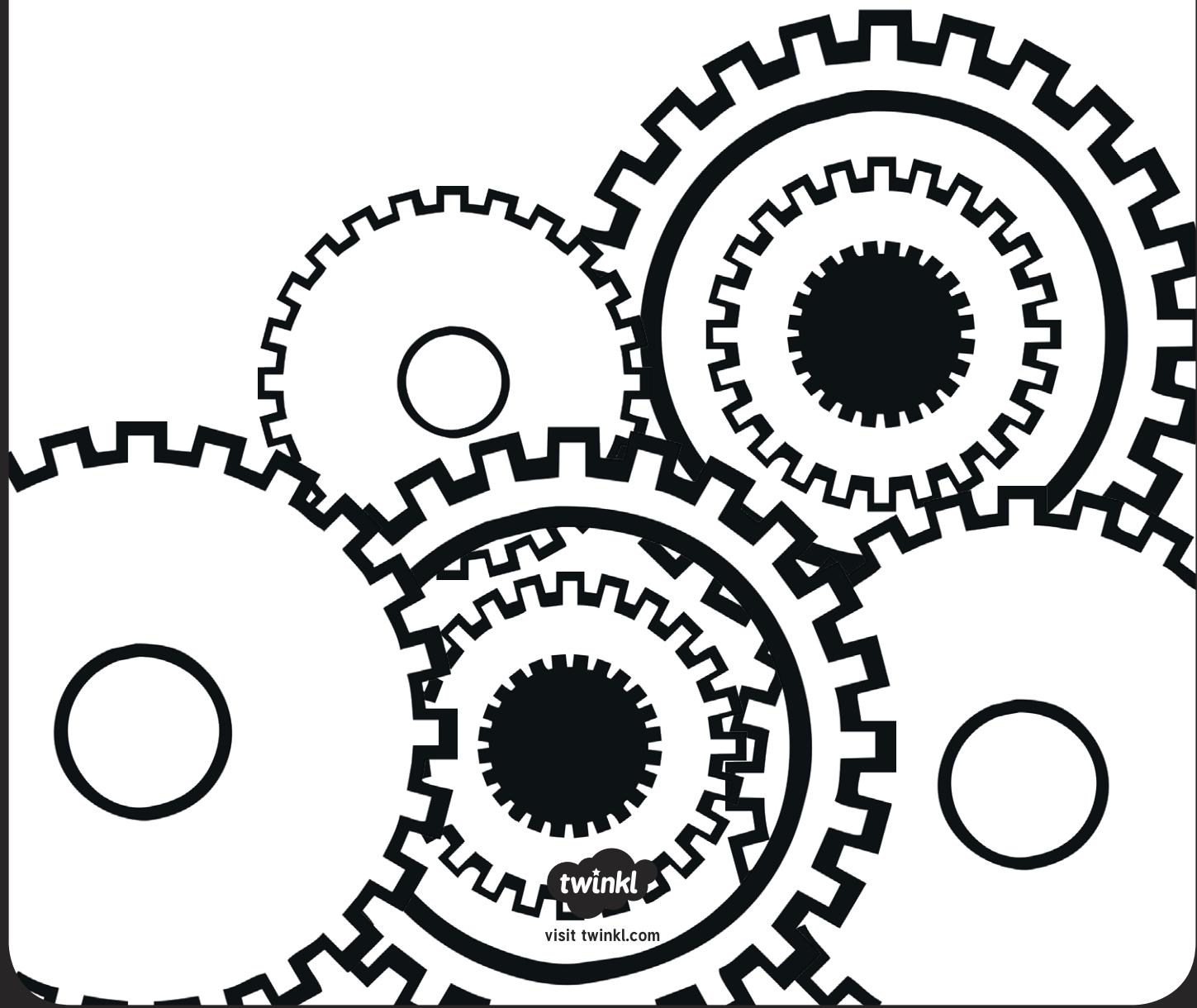


Instead of Saying...

This will do.

Try Thinking...

Is this my best work?



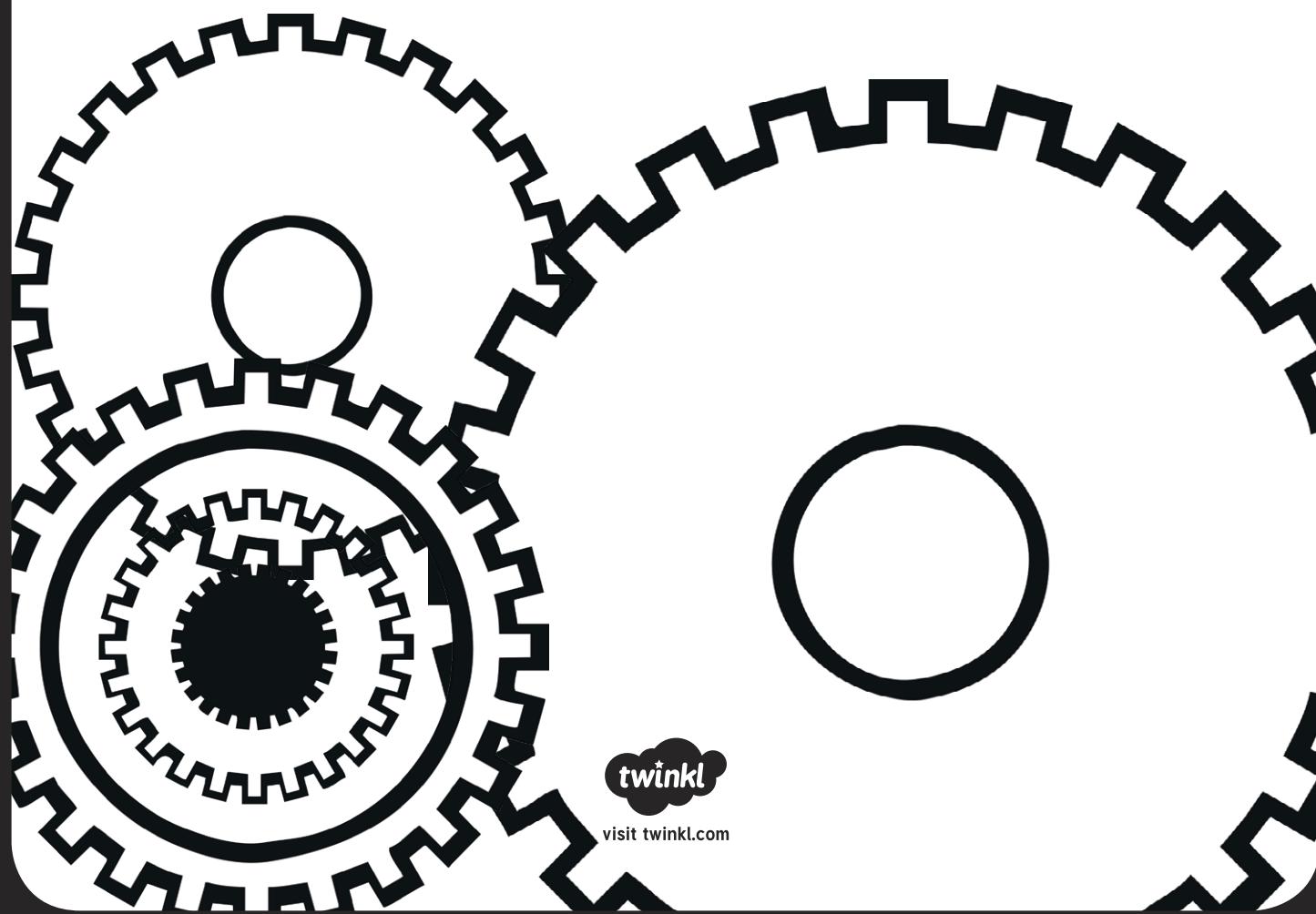
Instead of Saying...

I'll never do it!

It's too hard!

Try Thinking...

**This may take some
time and effort.**

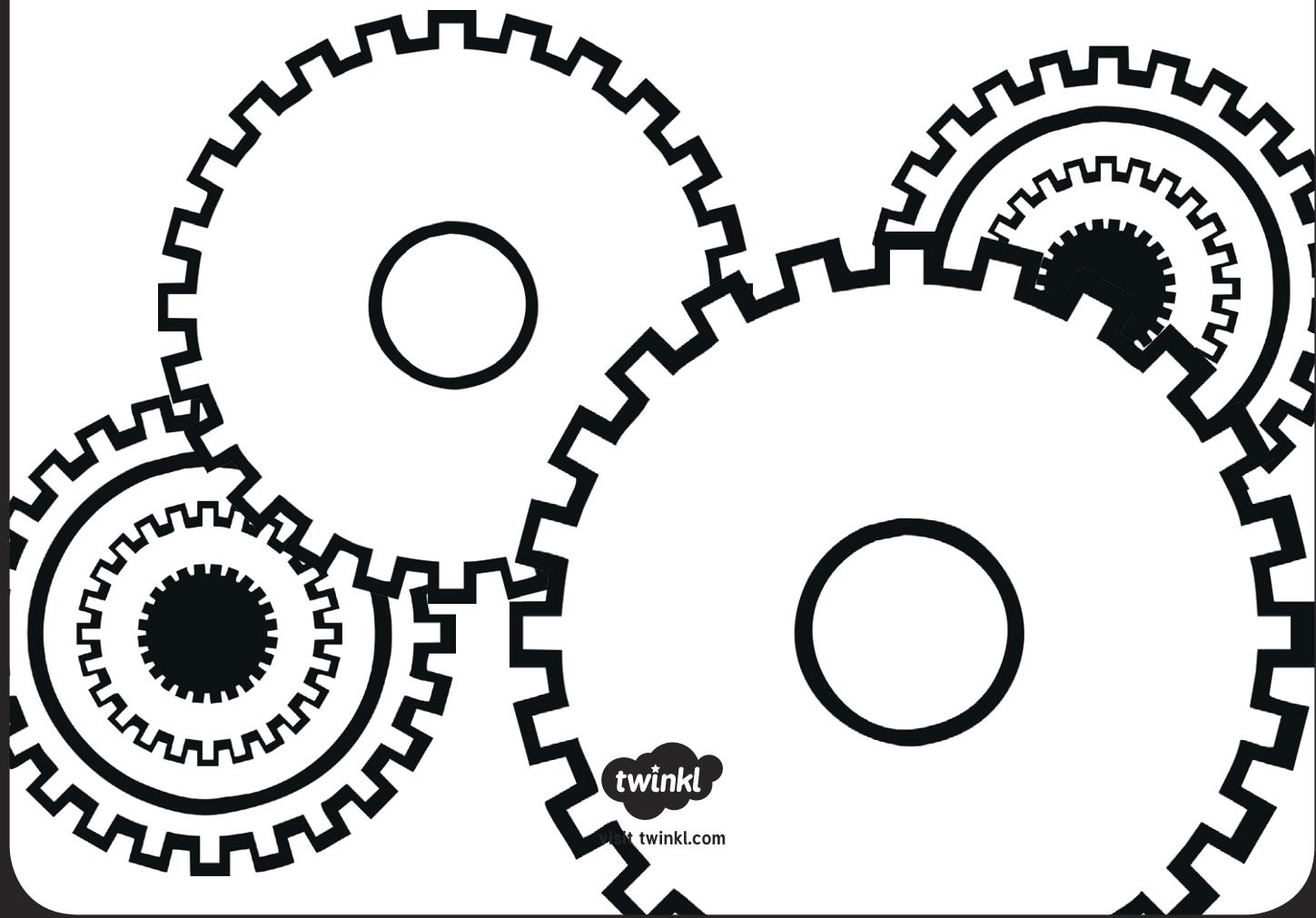


Instead of Saying...

I just can't do this.

Try Thinking...

**I am going to try a
different strategy.**

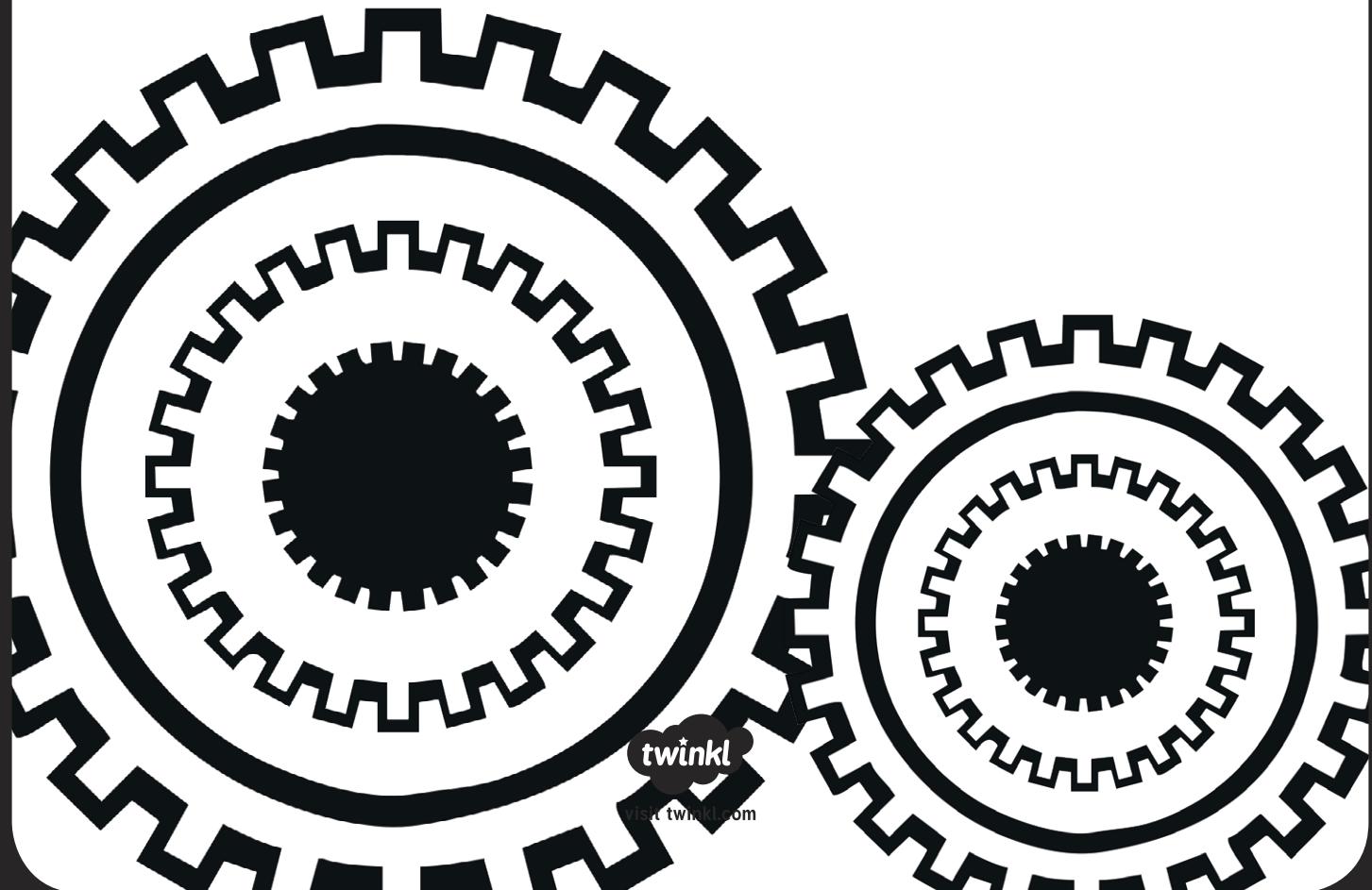


Instead of Saying...

**I'm not clever
enough to do this.**

Try Thinking...

**I will learn how to
do this.**

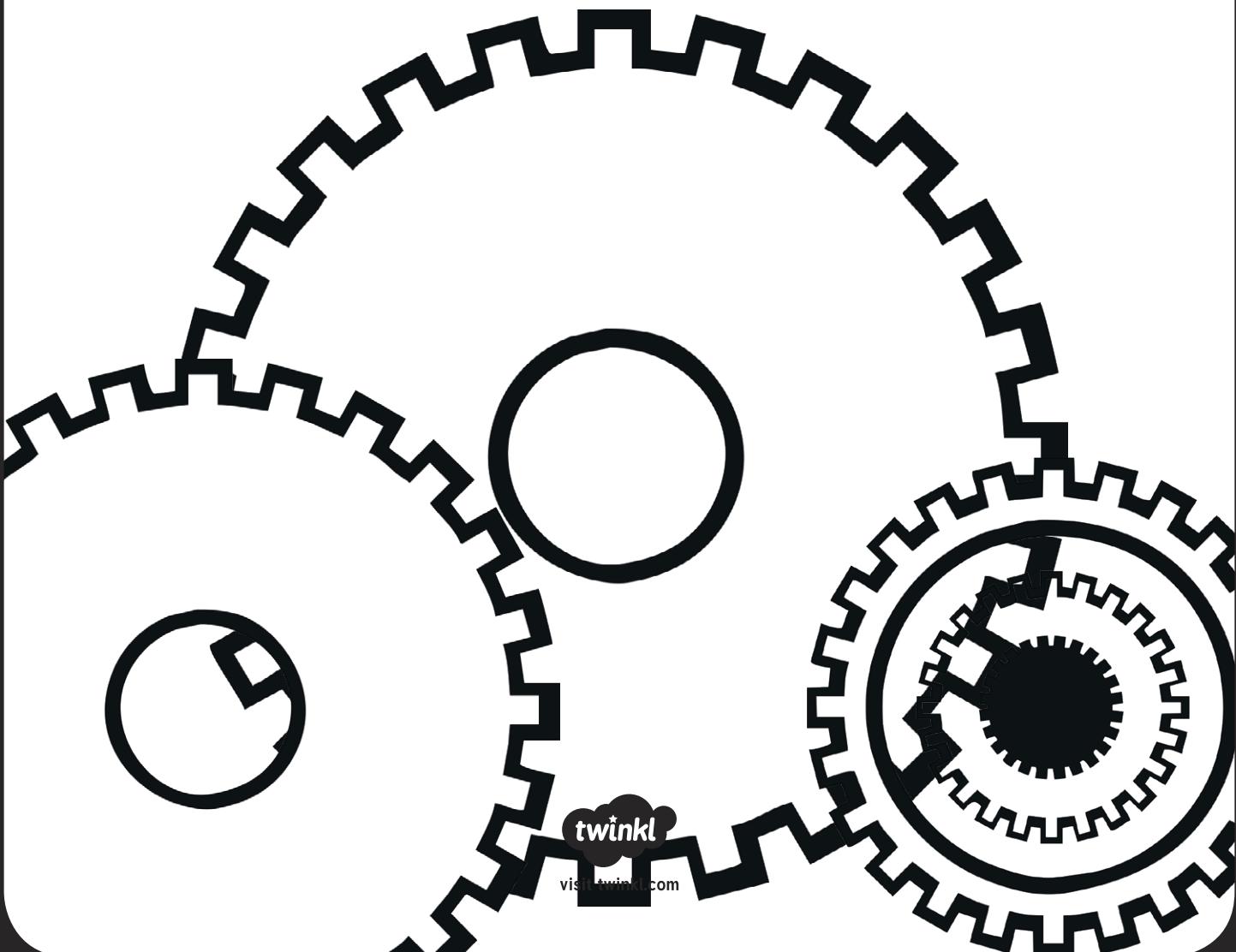


Instead of Saying...

**How come my friend
can do it?**

Try Thinking...

I will learn from them.

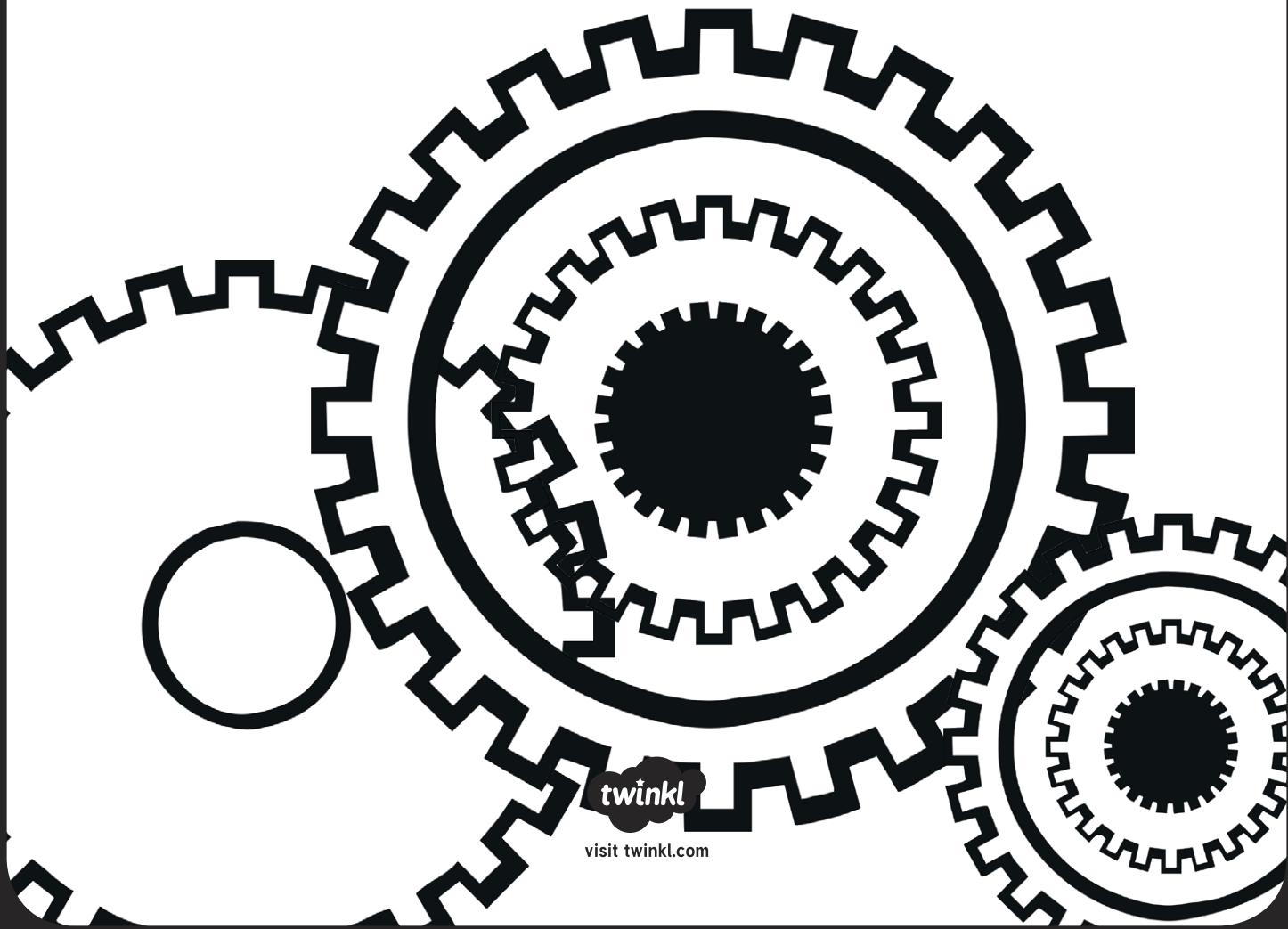


Instead of Saying...

I made a mistake.

Try Thinking...

**Mistakes help me to
learn and improve.**

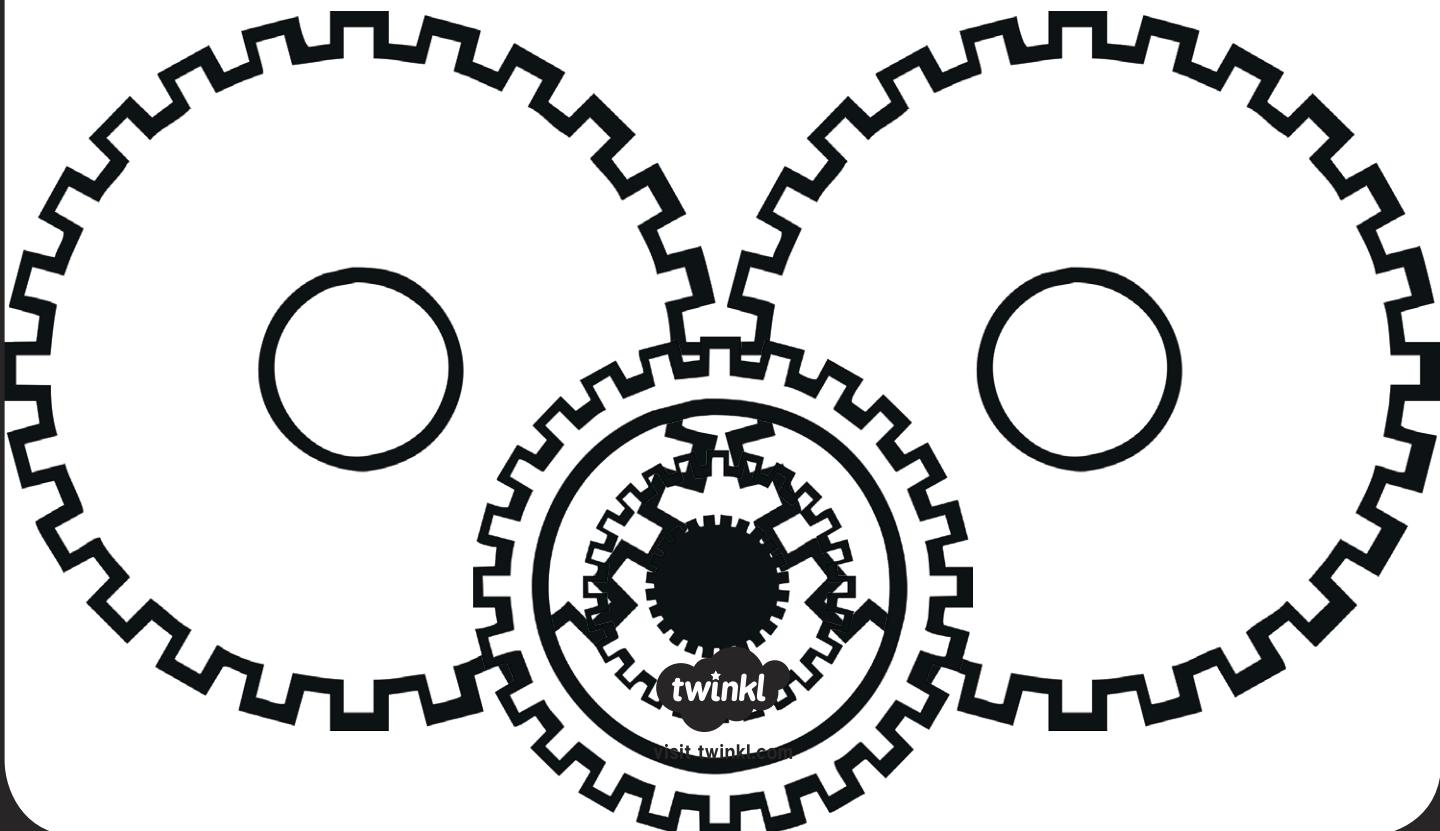


Instead of Saying...

**I can't make this
any better.**

Try Thinking...

**I can always
improve my work.**

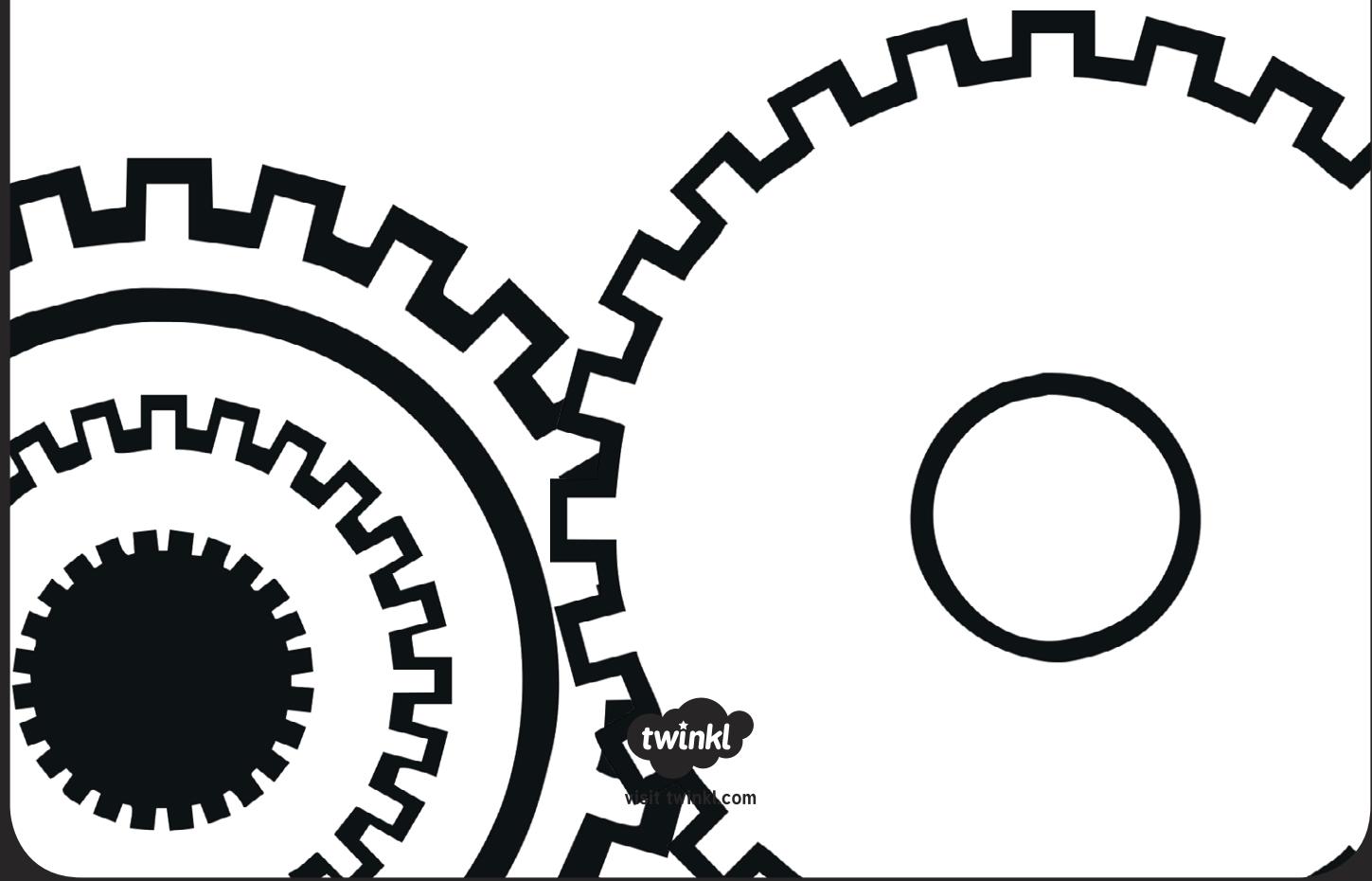


Instead of Saying...

**I'll never be as
smart as my friend.**

Try Thinking...

**I'm going to work
out how they do it.**



Instead of Saying...

Plan A didn't work.

Try Thinking...

Now to try Plan B.

