



TODAY  
IS ANOTHER  
CHANCE  
TO BE  
BETTER.



CHANGE YOUR  
WORDS  
CHANGE YOUR  
MINDSET

CHALLENGES  
ARE AN  
OPPORTUNITY  
TO GROW!



EVERYONE

HAS A

CHANCE

TO MAKE A

DIFFERENCE



PRACTICES

IS THE

BEST WAY

TO GET

BETTER



LITTLE THINGS  
MAKE  
BIG DAYS



I CAN ACCOMPLISH  
ANYTHING  
IF I DON'T  
GIVE UP

ALL THINGS ARE  
= = = **DIFFICULT**  
BEFORE THEY ARE  
**EASY** = = =





## Instead of:

This is the best I can do.

This is too difficult.

I don't know how.

It's too hard.

I give up.

They are better at it than I am.

I'm afraid of making a mistake.

I don't understand.

I'm not smart enough.

I don't have time.

## Say this:

I can keep improving.

Challenges help me grow.

I can learn now!

With more practice, it will get easier!

I'll try a different way!

What can I learn from them?

Mistakes are how I learn & get better.

I can keep learning.

I'll give it my best effort.

I can find the time.