

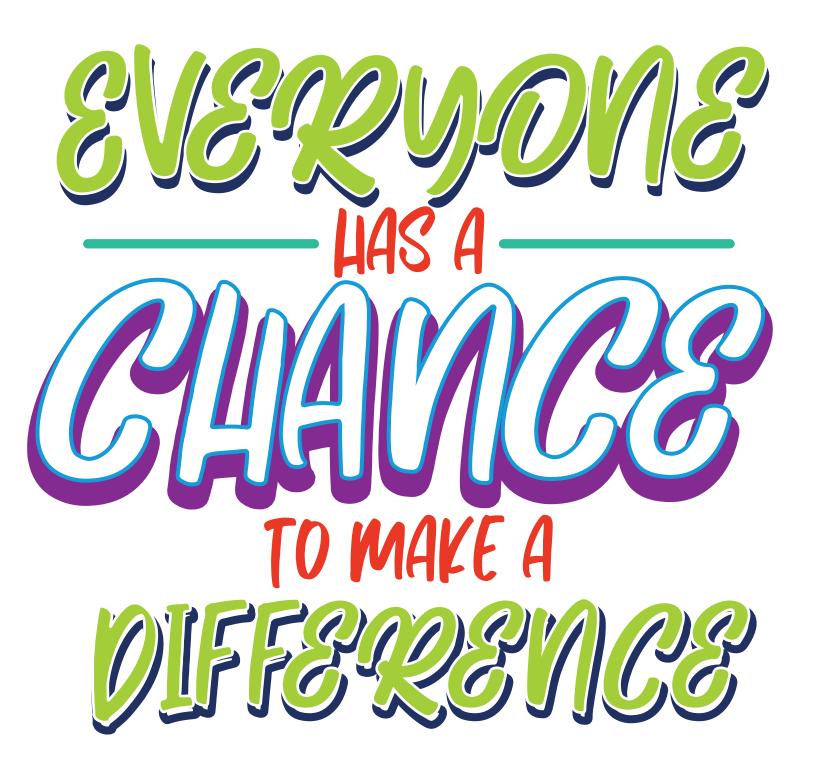


## CHANGEV CHANGE



















# I CAN ACCOMPUSI MUTUIMG IF I DON'T



### ALL THINGS ARE = OIFFICULT BEFORE THEY ARE





#### 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.