

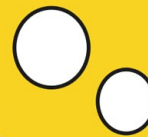
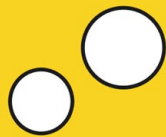
Instead of saying...

I'm rubbish
at this.



Try thinking

What can I do
to improve?



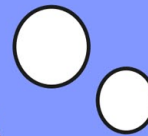
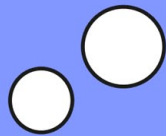
Instead of saying...

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.



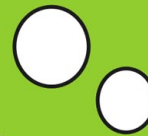
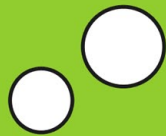
Instead of saying...

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.



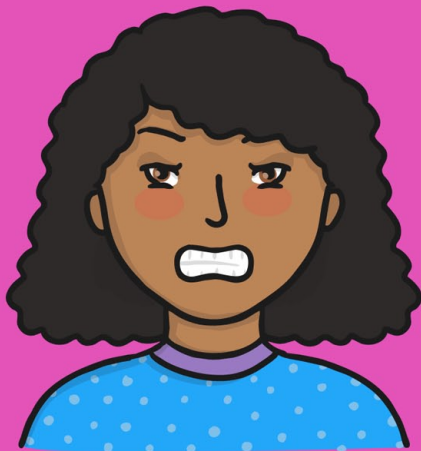
Try thinking

*I will learn how
to do this.*



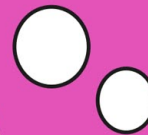
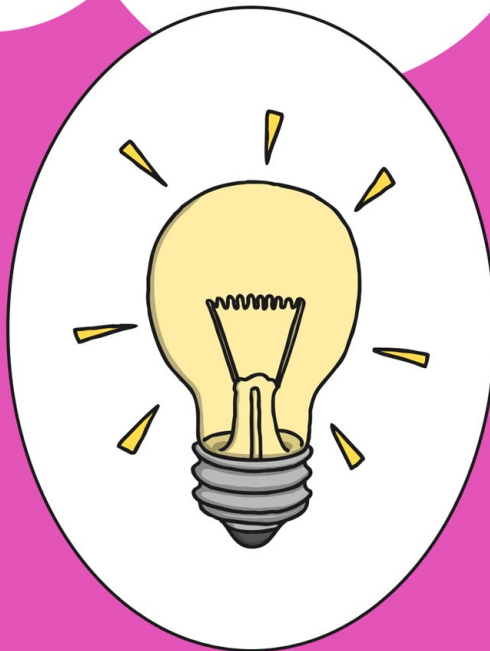
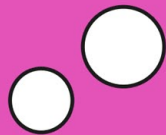
Instead of saying...

How come my friend can do it?



Try thinking

*I will learn
from them.*



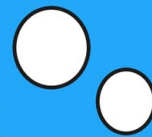
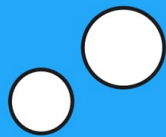
Instead of saying...

I can't make this
any better.



Try thinking

I can always
improve my work.



Instead of saying...

I made a
mistake.



Try thinking

Mistakes help me to
learn and improve.



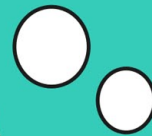
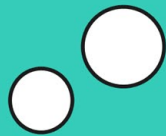
Instead of saying...

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.

