



THINGS I CAN CONTROL:

*My behavior*

*My goals*

*My effort*

*Asking for help*

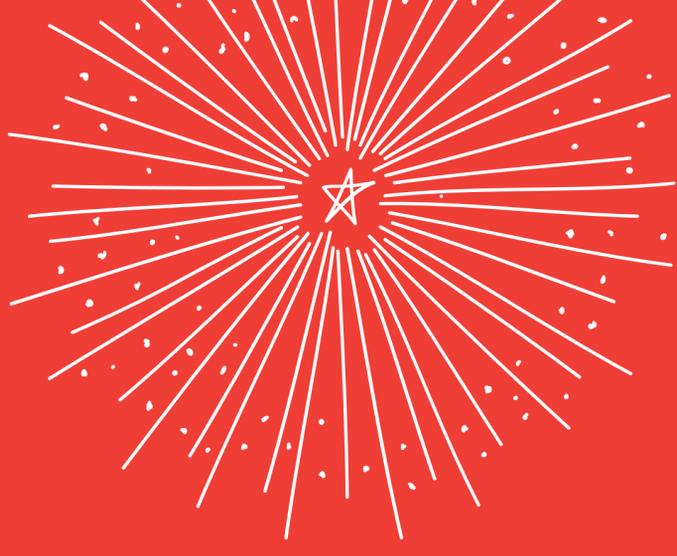
*Who my friends are*

*Self care*

*Self love*

*Learning from my mistakes*





THINGS I CAN'T CONTROL:

**Past mistakes**

**What others say**

**What others think**

**The weather**

**Others being kind or nice**

**Things I have to do**





When I make a mistake,  
I know what it means.  
My brain is ready to grow  
and to learn new things.

When I make a mistake  
I celebrate,

I dare not get down.  
I know I'll do better next  
time around.

Every mistake is a chance to  
expand what I know.





# STATEMENTS AND AFFIRMATIONS

- 1. It is ok to mess up.**
  - 2. It is ok to fail.**
  - 3. Mistakes provide an opportunity to learn and grow.**
  - 4. I am capable of achieving anything as long as I apply myself.**
  - 5. I strive for progress, not perfection.**
  - 6. I am a problem solver.**
  - 7. I am open to trying new things.**
  - 8. I learn from my mistakes.**
  - 9. I won't give up easily.**
  - 10. If I don't succeed, I will try again.**
  - 11. I go after my dreams with strength and courage.**
  - 12. I lift others up so that they may do the same for me.**
  - 13. I focus on my growth and results instead of comparing myself to others.**
  - 14. I am brave enough to try.**
  - 15. Learning is my superpower.**
- 



# Growth Mindset

**I'm not good at this.**

**I will get better at this.**

**I'm great at this.**

**How can I make this more of a challenge for myself?**

**This is too hard.**

**With practice, this will get easier.**

**I'll mess up.**

**If I make a mistake, I will learn from it.**

**This is good enough.**

**Can I do this better?**

**I won't try because I might fail.**

**If I fail, I will try again until I succeed.**

**I'm not as smart as my friend.**

**I am in charge of how smart I am because I control my effort and my mind.**

**I give up.**

**I will succeed if I try.**