

My mistakes help me to learn and grow.

My mind is always learning and developing.

I follow my dreams.

I believe my best is always good enough.

I solve problems.

I am in control of my own happiness.

**I might not be able to
do it - YET!**

I can and I will.

**I am brave and
courageous.**

**I am willing to try
new things.**

**Challenges are
opportunities.**

**I persevere to achieve
my goals.**

I can train my brain.

**There is always
another option.**

**What strategies
can I use?**

**Practice will help
me to improve.**

**Frustration is not a
reason to give up.**

**Time and effort
= success.**