

Change your mindset!

Try telling yourself these positive affirmations during difficult moments.

#1	I am proud of myself.
#2	I am not afraid of a challenge.
#3	I can train my brain to do it!
#4	I can't do it <u>yet</u> ...
#5	I can ask for help when I need it.
#6	I believe in myself.
#7	My challenges help me grow.
#8	I GET BETTER EVERY SINGLE DAY.
#9	Mistakes are valuable.
#10	I matter.
#11	I can get through anything.
#12	I have a growth mindset.

