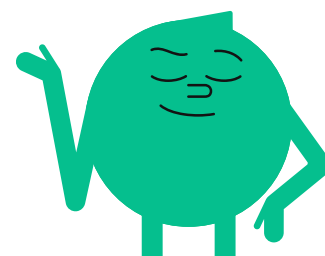


Train your brain to see school challenges differently!



Instead of saying...

This is too difficult.

I can't do it.

I'm stupid.

I always have to start over.

I have trouble concentrating.

I don't understand anything.

I always make lots of mistakes.

I'm not good in _____ (school subject).

I forget everything.

I'm always the last person to finish exams.

Try saying...

What a great challenge!

I have everything I need in my toolbox to succeed.

I'm unique and have many great qualities that others don't.

I'm twice as likely to succeed.

My brain is super efficient and has a hard time slowing down.

My brain is unique and likes repetition.

Mistakes help me improve.

I need to work a little harder at _____.

My mind is super active, so I need a few reminders to make sure I don't forget anything.

It's not a race, and I like taking my time to do things right.