

# Become Your Best Friend

You are in charge of your thoughts. You are in charge of your emotions. All you need, is to KNOW that you can change them, YOU have the power and control. Do not think harshly about yourself, don't let your thoughts be mean to you. Be proud of yourself. How? By changing to a growth mindset, and working regularly on this change over time. Growth mindsets help to handle challenges, obstacles, setbacks and problems. The more you change your thoughts and emotions, the easier it becomes. A growth mindset requires positive self-thinking and action from you. Your brain is a muscle that can change and grow. Train your brain!

If an athlete always thought they could never do it or ever be any good, they would never become an athlete. They use a growth mindset to overcome obstacles and challenges and then they action it with effort and persistence and positive self-talk.

## **Your task:**

*What is something you are good at? How did you get good at it? What did you do to get better at it? Could you still get better at it? How? What do you need to tell yourself and what actions do you need to do in order to continue to persevere?*