

# Train Your Brain

Just like muscles that need to be trained, your brain needs to be trained! Does your brain want to give up? Does it fear failure? Does it avoid problems, challenges, obstacles and new things? Think of your brain like you think of your muscles. When you were younger, you may not have had the strength to lift certain things or jump as high or run as far. But as your muscles developed and you practiced, you were able to do more. The brain is similar, over time and with practice and effort, it too will perform. The more you think you can and the more effort and perseverance you provide, growth, learning and achievement will be the results. It is a journey that needs to be practiced regularly. Train your brain to believe in yourself, and over time, you will improve.

## Your task:

*What kind of growth mindset statements does your brain need to hear over and over? What fixed mindsets does your brain need to stomp out? Make a list of the positive mindset statements and actions that will help your brain move to a growth mindset. Make a list of the fixed mindset habits you need to lose.*

