

Yay!

You Failed!



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CHAPTER 1

What You Can Do When You Believe in You

Do you have a “Can Do” attitude?
When you want to try something new,
do you believe you CAN DO it? When
you want to get better at something,
do you think . . .

That's something I CAN DO!



The Power of a Growth Mindset

Your attitude toward trying things is called your **mindset**. When you believe you can learn and get better at something, you have a **growth mindset**. Maybe you're trying to learn to

- ride a bike

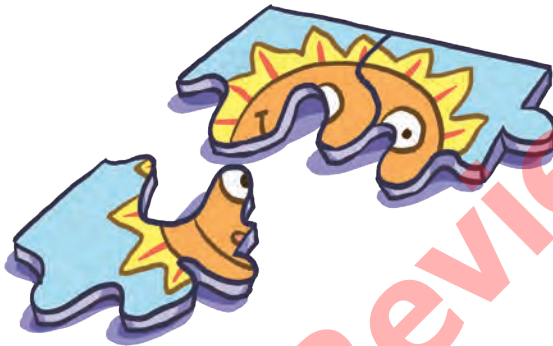


- create a diorama

- train your dog



- bake cookies



- finish a puzzle



- draw dinosaurs

- tie your shoes



Having a growth mindset is like having superpowers. Believing is the first step toward taking action. You are telling your brain to go for it. You give yourself the chance to do new things. You can become a new, SUPER version of yourself.

I can scare away
every squirrel!



I set goals!

I keep practicing!

I try new things!

I learn from my mistakes!

I don't give up!

I have a good attitude!



Don't Get Fixed in One Place

The opposite of a growth mindset is a **fixed mindset**. People who have a fixed mindset about something *don't* believe they are able to learn it.

When you don't believe in yourself, it's easy to give up. If you give up, you can't succeed.



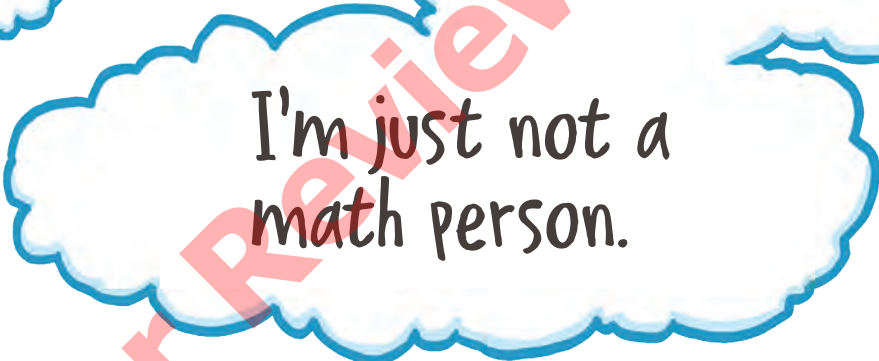
Someone with a fixed mindset might
say . . .



I can't do it.



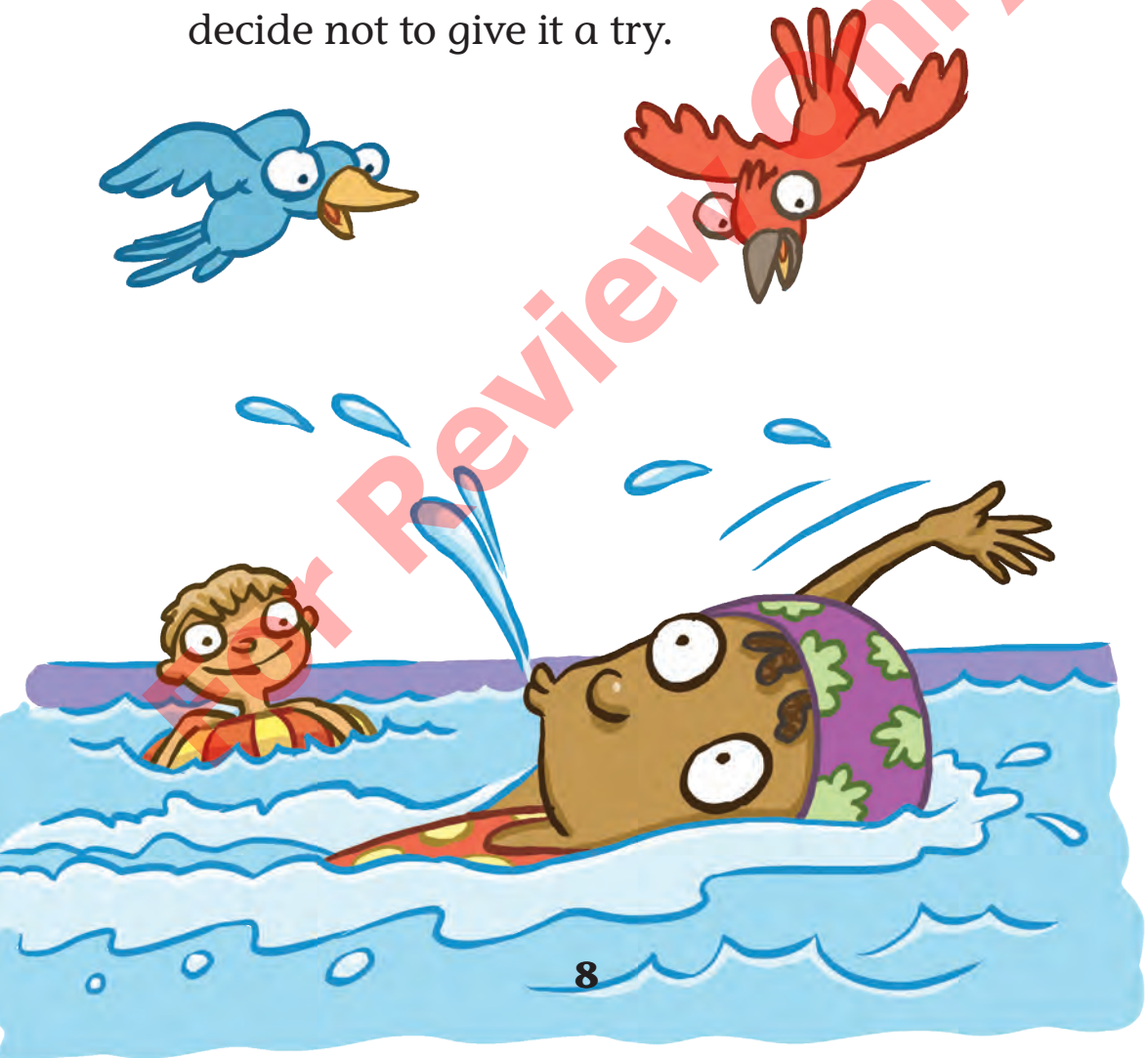
It's too hard.



I'm just not a
math person.

When you have thoughts like that, it's harder to believe in yourself. You are less likely to try. You tell your brain not to go for it.

Why might someone feel this way?
Maybe they are worried they can't do it.
Maybe they worry someone will laugh
at them. Because of their worries, they
decide not to give it a try.





Here's a little secret: You should give it a try anyway. Keep reading and you'll see why.