

25 GROWTH MINDSET AFFIRMATIONS

1. **I have grit and I don't quit.**
2. Today is a new day. I will make good choices. I will work hard. I will be the best person I can be!
3. I am open to learning.
4. Today I will try something new.
5. FAIL= First Attempt In Learning.
6. I am capable.
7. **I build habits that will help me succeed.**
8. I am safe. I am calm. I can cope with this.
9. **My attitude is everything.**
10. I can start again.
11. I make mistakes and I learn from them.
12. **My imperfect action is better than no action.**
13. I keep going until I'm proud of myself.
14. I can learn anything.
15. I CAN do anything I want. All I need is to TRY.
16. When I get tired, I don't quit. I take a break.
17. **I can handle any challenge.**
18. I am becoming the person I want to be.
19. I ask for help when I need it.
20. I can work out almost anything.
21. Mistakes are a sign I am learning.
22. Self-control gives me freedom.
23. I will make better mistakes tomorrow.
24. **Growth happens when I go outside my comfort zone.**
25. I work hard and I am proud of myself.

Over 500,000 children around the world use Big Life Journal's products with great success!

Join them today!

At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and **this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence.**

I cannot recommend this product enough."

- Natalie R.

★★★★★



Get Resilience Kit



My daughter and I both have struggled with self-esteem. **When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference!** The Big Life Journal products have given us an interactive and creative way to do this!

- Sharon B.

★★★★★

Get Confidence Kit

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Use our resources and see your children become more **CONFIDENT**, **RESILIENT**, and **SELF-LOVING**!

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