

List four things that you would like to get better at:

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Each week this month, work to get better at one of the items on this list.

### Practice, homework, and concentration

are all ways to work at getting better at something. Ask yourself, "What can I do to help myself here?" "What have I tried and what else can I try?" "Is it time to ask for help from someone else?" If you stick to a routine, keep a positive mindset and want to get better, then there's no limit to what you can accomplish!



core life  
BUILD YOURSELF STRONG

# TRANSFORMATION

Become the person you want to be!

## TRANS • FOR • MA • TION MINDSET

the belief that you can learn more or become smarter if you work hard and keep trying

Do you ever feel like you are stuck – that there is no use in trying harder because you just don't have what it takes? Well stop! You always have the capacity to transform yourself or learn something new. So many others before you have done just that!





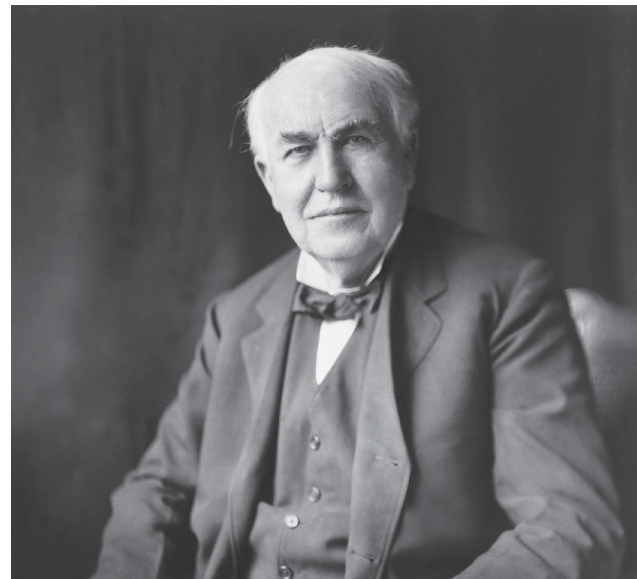


## SOMETIMES WE CAN LEARN THINGS EASILY, OR WE HAVE A NATURAL TALENT TO DO A CERTAIN THING.

But other times we have to work hard and try over and over to become good at what we want to do. You're not alone in this, and some of the greatest people in history have faced great problems before becoming great successes.

### Did you know?

- **Thomas Edison**  
was kicked out of school in first grade
- **Abraham Lincoln**  
rarely attended school in his early years
- **Walt Disney**  
was once fired because he "lacked imagination and had no good ideas"



These three people (and countless others) went on to do amazing things with their lives after facing some early troubles. Write a sentence or two about what you think made these people so successful.

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## STRUGGLES

Have you ever seen a tree with a huge knot on it? That knot is the result of something that tried to hurt the tree. But the tree kept growing. You see, everything in nature faces struggles at some point, just like you. But even that spot on the tree that has formed a big bump can transform into something beautiful. Need proof? Those "ugly" spots are prized possessions to wood carvers, who turn them into unique bowls.



You have the power to overcome the obstacles in your life too! You can develop the skills, the attitudes and the beliefs that will help you become successful. Don't believe anyone who tells you that you can't learn something, because you can learn anything you want. And learning is the key to becoming the best that you can be!

**Can you draw another example of something else that grows despite obstacles or struggles?**