



I CAN *Train* MY BRAIN

What I SHOULD Tell My Brain	What I SHOULD NOT Tell My Brain

Learning is fun!	I am not that smart.
I'll try a different strategy.	I believe in myself.
I will keep working hard.	I will fail all my tests.
This is too hard for me, so I give up.	I'll learn how to do this.
I am never good enough.	I can't do hard work.