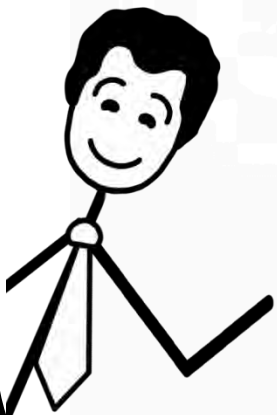


POSITIVE MINDSET  
SELF  
AWARENESS  
PERSEVERANCE  
WORKBOOK

*A Guide to Thrive with  
Learning Differences/ADHD*

BY MARC HOFFMAN



# WELCOME

You are on your way to achieve the success you deserve! By opening this workbook, you have taken the important first step towards advocating for yourself!

This workbook is designed as a practical tool to be used alone, or as a supplement to ***A Success Guide to Thrive with Learning Differences/ ADHD.***

In both cases, this workbook will help you gain a deeper understanding of the ways in which a positive mindset, self- awareness and perseverance can help you achieve the success you are capable of!

My hope is that after reading the book and completing the workbook, you will have a different perspective on the LD experience: one of empowerment and opportunity.

A handwritten signature in black ink, reading "Marc L. Hoffman". The signature is written in a cursive, flowing style.

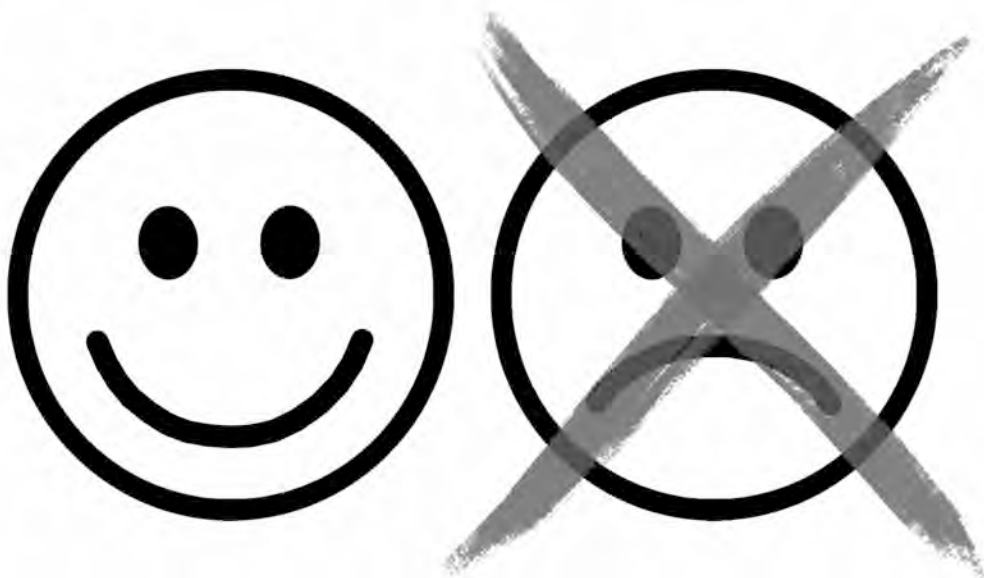
Marc Hoffman

# POSITIVE MINDSET:

## Think The Best

Approaching life with a positive outlook gives us the motivation to focus and keep moving forward.

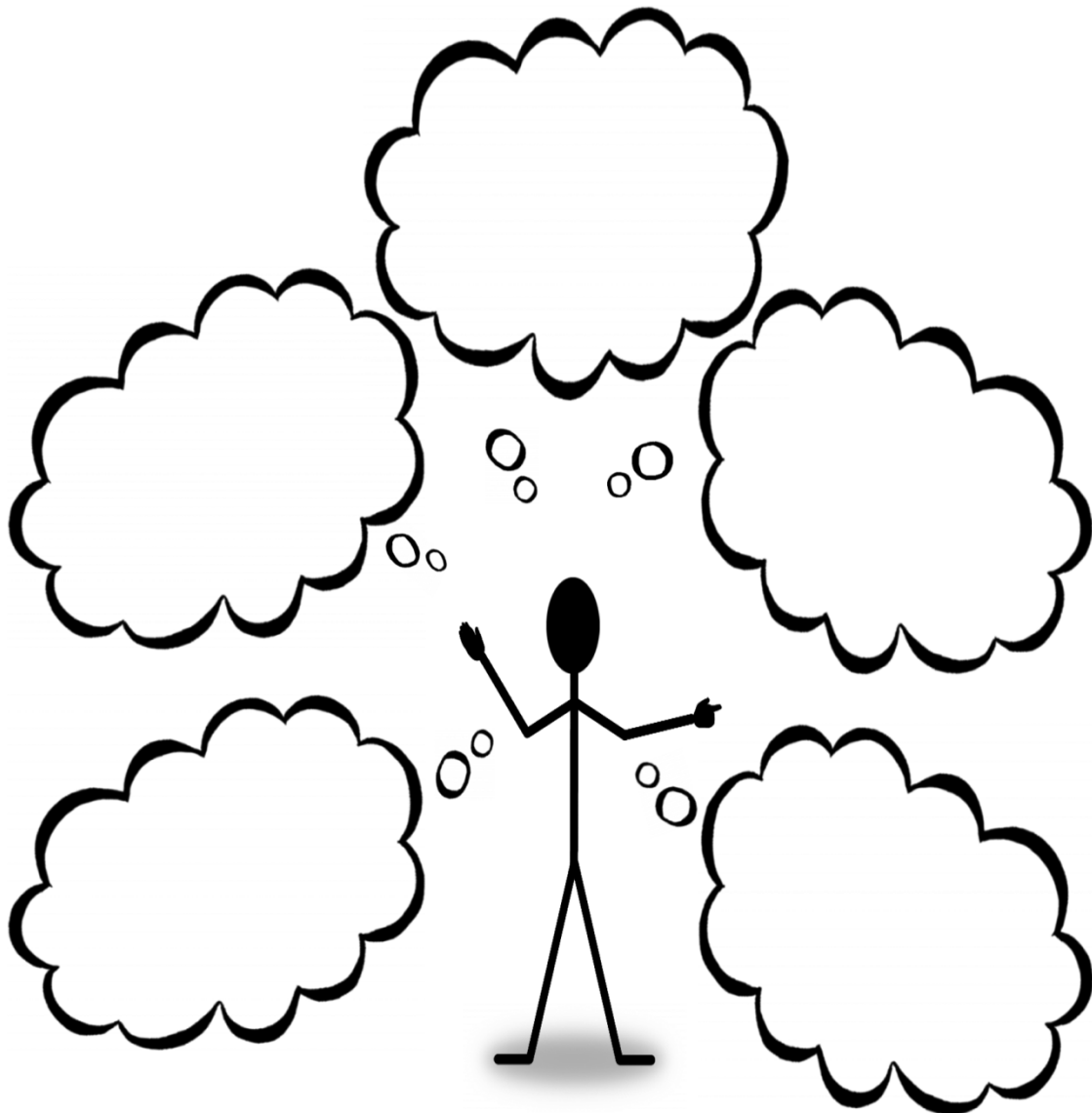
The more we practice this positivity, the easier becomes to keep it up. And the more we focus on our strengths, the more we will be able to achieve.



"I am..." is a powerful phrase. We believe whatever follows it, either positive or negative.

How do you really see yourself?

**I AM:**



Did you describe yourself in a positive way?  
Anything you would wish was different?

What is the tone of your self-talk? Is it positive and kind?  
 Or do you put yourself down?  
 Circle the phrases you mostly tell yourself.  
 Can you add more to this list?

POSITIVE	NEGATIVE
I made a mistake.	I am stupid.
I like myself.	No one likes me.
I will not give up.	I cannot do it!
I have not figured it out yet.	I always fail.
I am enough and worthy.	I am not good enough.
I work hard.	I am lazy.
Failure is experience.	Failing is bad.
I will continue trying.	I give up.

How many negative and positive phrases did you choose?

Negative: \_\_\_\_\_

Positive: \_\_\_\_\_

What are some of the kind things  
you can tell yourself?  
What do you like about yourself?

---

---

---

---

---

---

---



Who do you want to become tomorrow?

Next year?

Next decade?

What are your dreams?

What can you do?

I CAN \_\_\_\_\_.

I CAN \_\_\_\_\_.

I CAN \_\_\_\_\_.

I CAN \_\_\_\_\_.

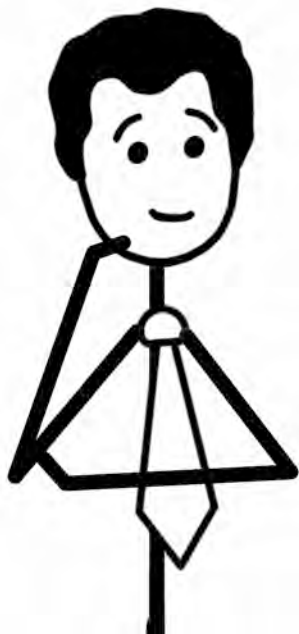
I CAN \_\_\_\_\_.

# SELF-AWARENESS:

## Know Yourself

Self-awareness is the idea of understanding ourselves, and the differences between that, and how others see us can lead to real empowerment!

The more we know and understand about our abilities, the more we can put them to good use. Our strengths can provide us with more tools we can use to tackle the difficulties we face.





When are you the happiest? What are you doing?  
Where are you? Who are you with?

I AM HAPPIEST WHEN...

---

---

---

---

---

---

---

Learning does not only happen at school.  
We are all able to learn so much every day.

What did you learn so far?

What do you think you can learn in the future?

AGE 5 \_\_\_\_\_.

AGE 6 \_\_\_\_\_.

AGE    \_\_\_\_\_.

AGE    \_\_\_\_\_.

AGE    \_\_\_\_\_.

AGE    \_\_\_\_\_.

AGE    \_\_\_\_\_.

AGE    \_\_\_\_\_.

AGE    \_\_\_\_\_.

AGE    \_\_\_\_\_.

AGE    \_\_\_\_\_.

What are your goals?  
Are they specific and measurable?

**GOALS FOR JANUARY:**

---

---

---

**GOALS FOR FEBRUARY:**

---

---

---

**GOALS FOR MARCH:**

---

---

---

**GOALS FOR APRIL:**

---

---

---

**GOALS FOR MAY:**

---

---

---

**GOALS FOR JUNE:**

---

---

---

What are your goals? Short-term and long-term.

**GOALS FOR JULY:**

---

---

---

**GOALS FOR AUGUST:**

---

---

---

**GOALS FOR SEPTEMBER:**

---

---

---

**GOALS FOR OCTOBER:**

---

---

---

**GOALS FOR NOVEMBER:**

---

---

---

**GOALS FOR DECEMBER:**

---

---

---

# PERSEVERENCE:

## Do Not Quit

Perseverance, or grit, is the strength to keep trying when things get tough.

We show real grit when we decide not to quit and continue trying even when it seems like the odds are against us and it is difficult to keep on.



Planning is a critical part of achieving your goals.  
You can refer to your strengths list in the book on Page 73.

**MY GOAL IS** \_\_\_\_\_  
**TARGET DATE** \_\_\_\_\_  
**MY GOAL IS ACHIEVED WHEN** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ACTION ITEMS**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I want to achieve my goal  
because \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**CHALLENGES I WILL FACE**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**HOW I CAN OVERCOME EACH**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**BEST PART OF ACHIEVING  
MY GOAL IS** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My strengths that will help  
me achieve this goal are

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**TO ME, POSITIVE MINDSET IS** \_\_\_\_\_

---

---

---

---

---

---

Focusing on self-talk is the key to grow a positive mindset. Keep a poster with examples of positive and negative self-talk close by.

**I HAD POSITIVE MINDSET WHEN** \_\_\_\_\_

---

---

---

---

---

---

---

**I DID NOT PRACTICE POSITIVE MINDSET WHEN** \_\_\_\_\_

---

---

---

---

---

---

**NEXT TIME WHAT I CAN DO DIFFERENT IS** \_\_\_\_\_

---

---

---

---

---

**TO ME SELF-AWARENESS IS** \_\_\_\_\_

---

---

---

---

---

---

Starting a journal is a great way to focus on perseverance in your life. You can think about your day.

**I HAVE SHOWN SELF-AWARENESS WHEN** \_\_\_\_\_

---

---

---

---

---

---

---

**I HAVE NOT SHOWN SELF-AWARENESS WHEN** \_\_\_\_\_

---

---

---

---

---

---

**NEXT TIME WHAT I CAN DO DIFFERENT IS** \_\_\_\_\_

---

---

---

---

---



**TO ME PERSEVERANCE IS** \_\_\_\_\_

---

---

---

---

---

---

Starting a journal is a great way to focus on perseverance in your life. You can think about your day.

**I HAVE SHOWN PERSEVERANCE TODAY WHEN** \_\_\_\_\_

---

---

---

---

---

---

---

**I HAVE NOT SHOWN PERSEVERANCE TODAY WHEN**

---

---

---

---

---

---

**NEXT TIME WHAT I CAN DO DIFFERENT IS** \_\_\_\_\_

---

---

---

---

---

# RESOURCES

## **General Resources for Learning differences and ADHD:**

<https://www.ncld.org/>  
<https://www.understood.org/>  
<https://eyetoeyenational.org/>  
<https://www.smartkidswithld.org/>  
<https://ldaamerica.org/>  
<https://dyslexiaida.org/>  
<http://www.ldonline.org/>

## **Assistive Technology Resources:**

<https://www.voicedream.com/>  
<https://grammarly.com/>  
<https://keep.google.com/>  
<https://cowriter.com/>