

REWRITE THE THOUGHT

Turn self-doubt into a next step.

WHEN YOU THINK...

TRY TELLING YOURSELF...

I'M NOT READY



I CAN BEGIN AND LEARN

I'M NOT GOOD AT THIS



I'M GETTING BETTER
WITH PRACTICE

THIS IS TAKING TOO LONG



PROGRESS GROWS
STEP BY STEP

I MADE A MISTAKE



I FOUND SOMETHING
TO IMPROVE

I DON'T KNOW HOW



I CAN LEARN
THE NEXT STEP

THEY'RE AHEAD OF ME



THEIR PROGRESS
CAN TEACH ME

I WANT TO GIVE UP



I'LL PAUSE, ADJUST
AND TRY AGAIN

