The Power of Attitude

Having [a positive attitude makes your brain work better](https://www.inc.com/jessica-stillman/stanford-research-attitude-matters-as-much-as-iq-in-kids-success.html). If you read the article, you will see that your outlook and positivity helps you accomplish your tasks and learn new things.

“A good attitude opens the door to high achievement, which means you then have a better attitude, getting you into a good circle of learning."

* Grow your brain;
* Try things that are difficult;
* Do not tell yourself that you cannot do something, you just cannot do it yet;
* Think about what you can do better the next time;
* Keep at it, even if it is hard.

See [these tips on creating a positive mindset](https://www.ferris.edu/HTMLS/colleges/university/eccc/tools/positive-mindset.htm). Remember that your effort leads somewhere.

* What is an example of something that started out being hard for you but you kept at it and now you make it look easy?
* What is something that you are not currently good at that you want to be good at?
* What is your plan to grow your brain and build your skills?