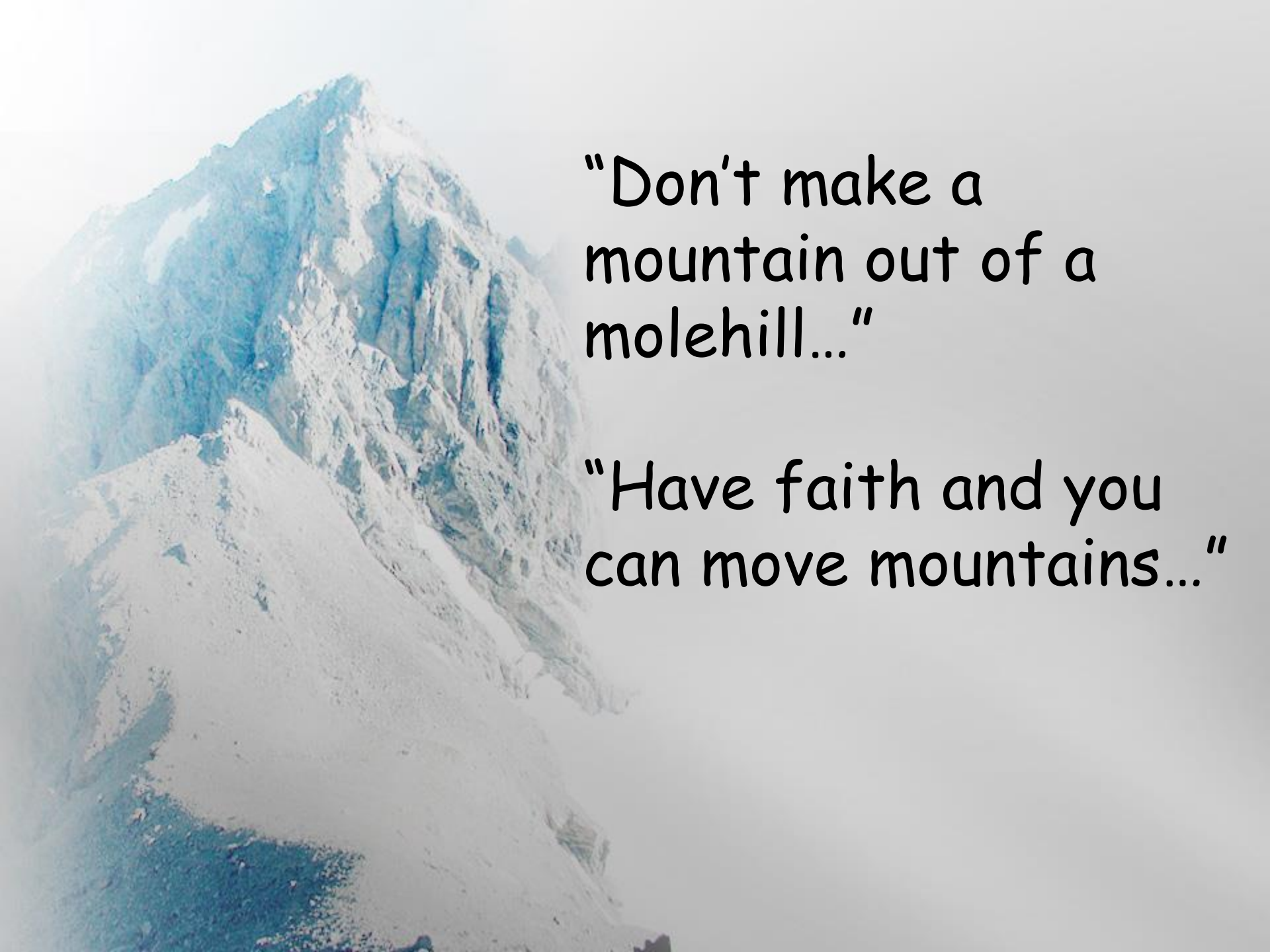


The struggles I'm
facing
The chances I'm taking
Sometimes might
knock me down
But no, I'm not
breaking



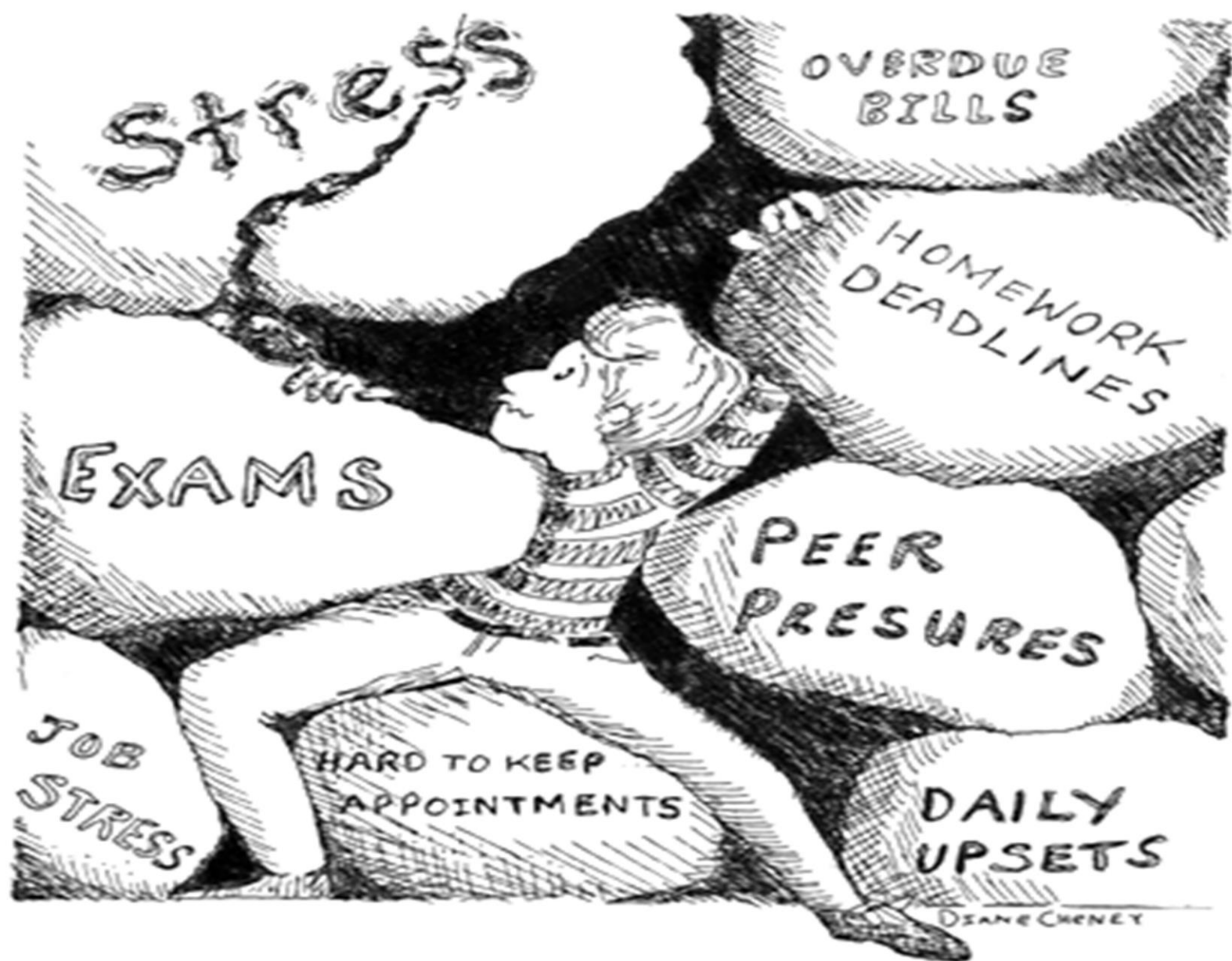
**"If you don't scale the mountain,
you can't view the plain."**

~ Chinese Proverb



"Don't make a
mountain out of a
molehill..."

"Have faith and you
can move mountains..."



OVERDUE
BILLS

HOMework
DEADLINES

EXAMS

PEER
PRESURES

HARD TO KEEP
APPOINTMENTS

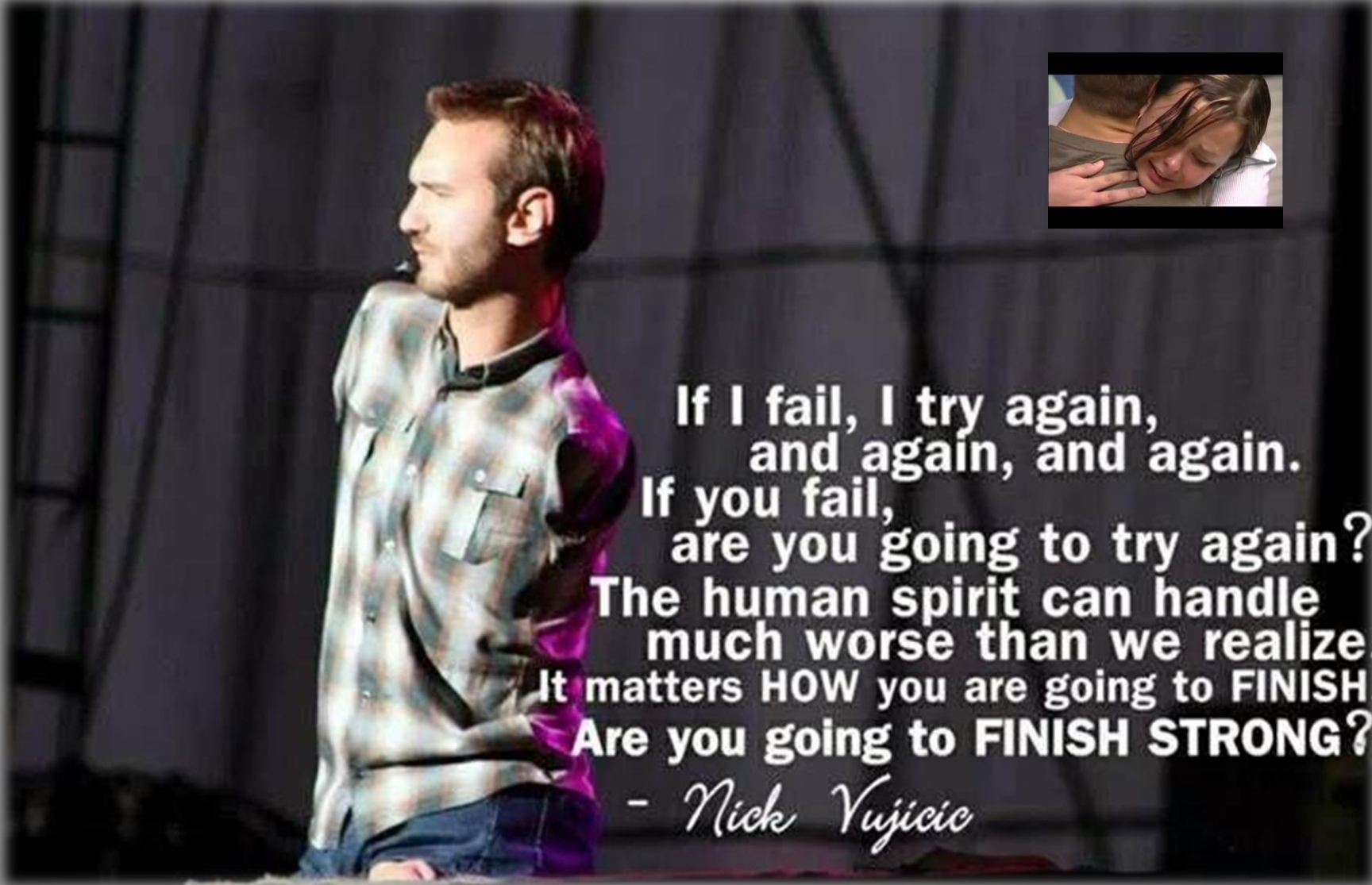
DAILY
UPSETS

JOB
STRESS

DEANE CHENEY

Nick Vujicic

This little square
should link to his
video

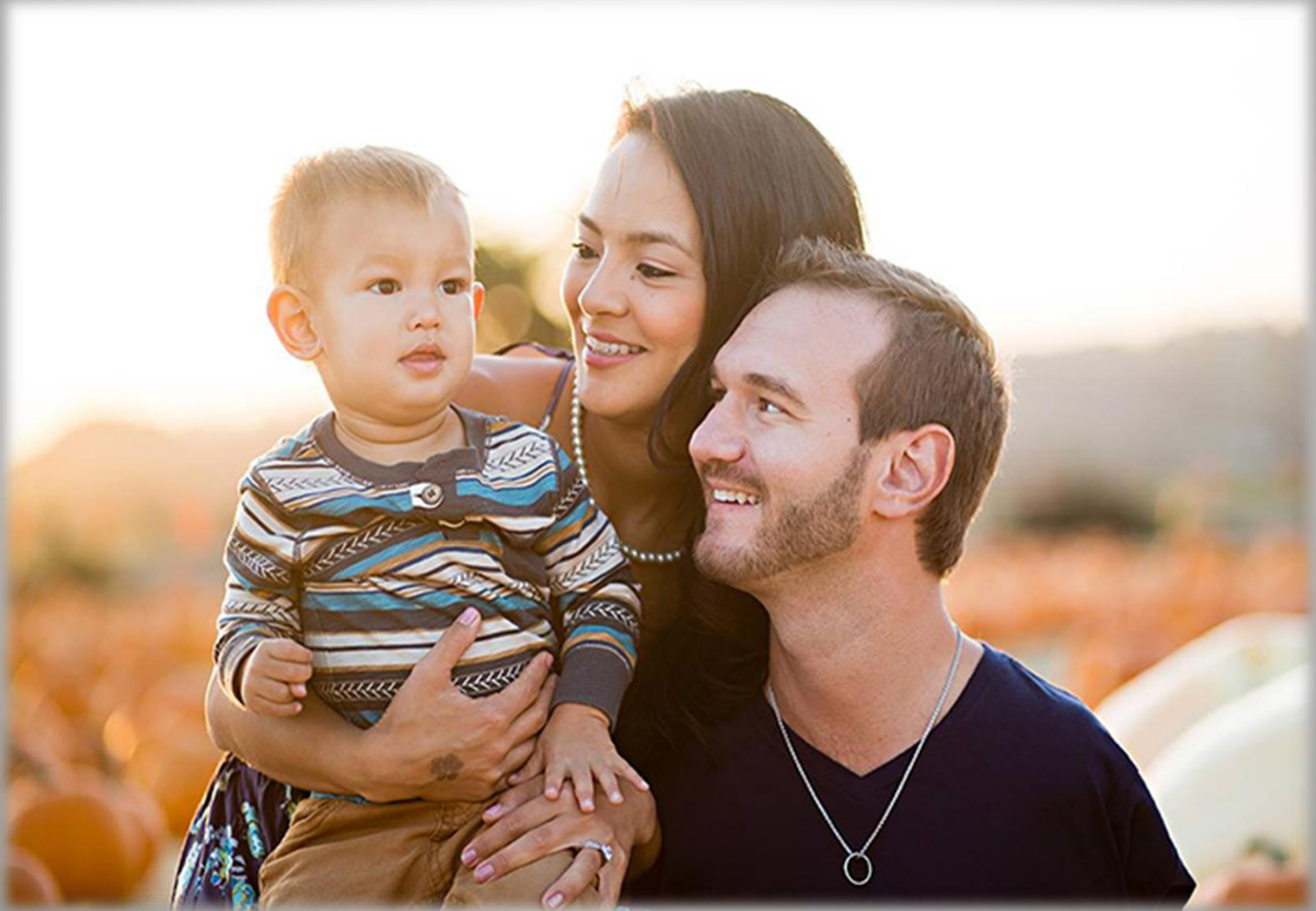


**If I fail, I try again,
and again, and again.
If you fail,
are you going to try again?
The human spirit can handle
much worse than we realize.
It matters HOW you are going to FINISH.
Are you going to FINISH STRONG?**

- Nick Vujicic

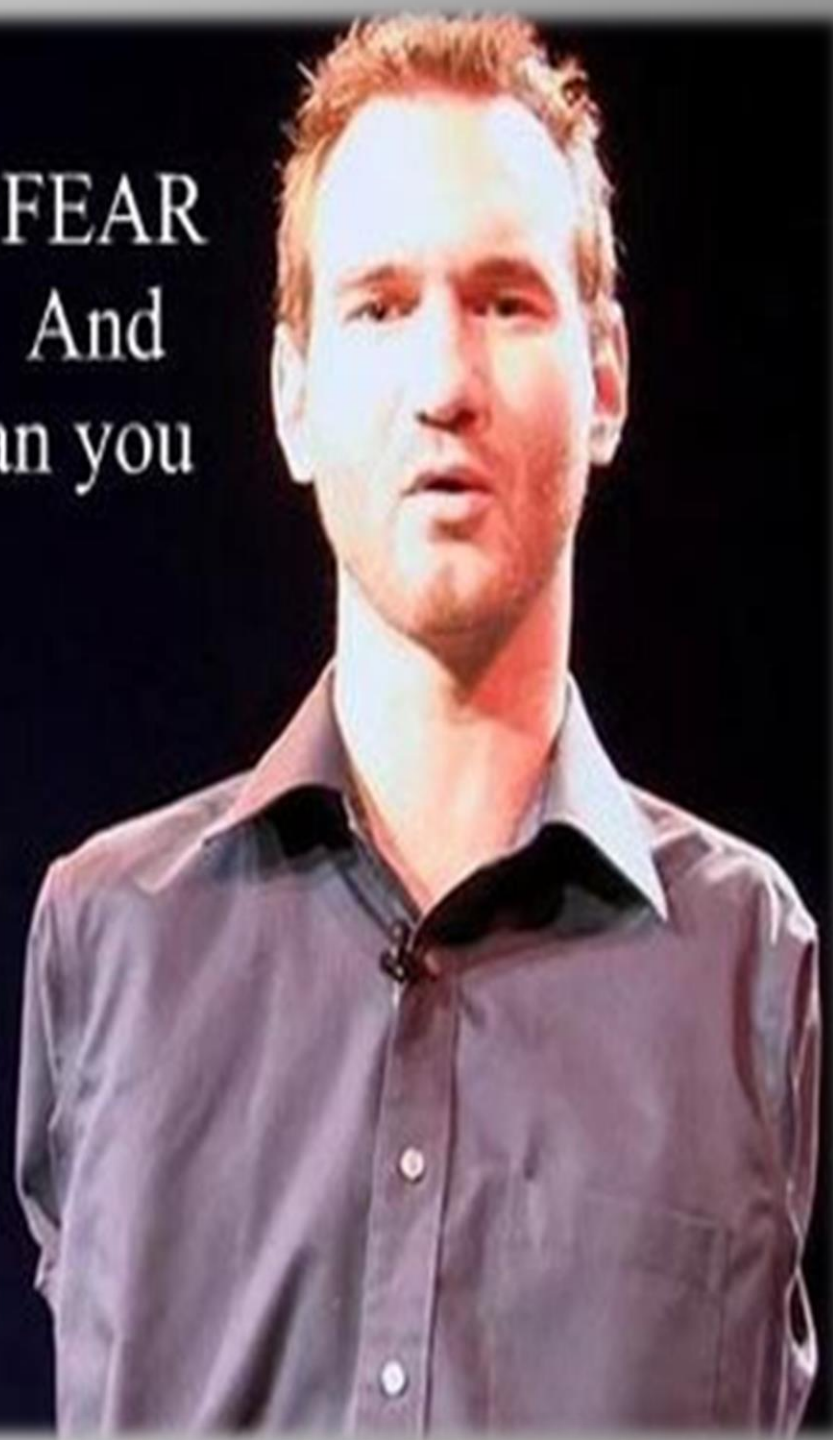
No Arms, No Legs, No Worries

Nick Vujicic



Pain is pain. Broken is broken. FEAR
is the biggest disability of all. And
will PARALYZE you more than you
being in a wheel chair.

~Nick Vujicic
'Feel the fear and
do it anyway...'





'ATTITUDE' = 100%

It is the most important thing that decides if we will be successful or not.



- Attitude towards **life**
- Attitude towards **work**
- Attitude towards **each other**

**Change your attitude and you can change
your life**

Change Your Attitude



Instead of...

Fighting and
arguing with other
students



Try...

Staying away from people
that you argue with and
spending time with people
that make you happy





Change Your Attitude



Instead of...

Being negative about your learning and saying "I can't" or "it's too hard" or "there's no point"



Try...

Thinking about how learning will be useful to you in the future (i.e. when you have to get a job/ pay bills or write letters)



Change Your Attitude



**YOU CANT GO BACK AND
CHANGE THE PAST, SO
LOOK TO THE FUTURE
AND DONT MAKE THE
SAME MISTAKE TWICE.**



Instead of...

Complaining that
you have been given
a punishment



Try...

Accepting that you have
made a bad choice this
time and thinking about
how you can stop it



from happening again-
learn from it !



Change Your Attitude

FIXED MIND-SET

"I'm not good at that. I will never be good at it"



Lead to and tendency to...

GROWTH MIND-SET

"I struggle with that at the moment but I'm going to get better"



tendency to...

CHALLENGES

Avoid challenges



Enjoy challenges

OBSTACLES

Give up easily



Resilient when faced with problems

EFFORT

See effort as a waste of time



See effort as part of the path to success



Yes you can

So, if there's one lesson to learn here, it's that you can do anything you put your mind to, even if it's "I can't". The trick is to suspend your fear of whatever it is that's holding you back — rejection, failure, shyness, or something else — and just go for it. **What do you *really* have to lose?**