

# My Success Mindsets for Fall 2020

## Good thoughts. Good deeds. Good actions.

**About:** To get the most out of this, print & post it where you will easily see it (you can post in multiple places). Read this daily in the morning and before you go to sleep. While reading, envision it all happening, because you are a strong and capable person and you can do anything you work for. Feel free to use this or create your own version. I made 2 versions below, a detailed one and a simpler one. I recommend reading the detailed one for at least a month before using just the simpler version, so you can get used to the deeper ideas.

**Directions:** Now, close your eyes, smile, feel confident, and take 3 deep breaths before reading this. When you mindfully read it, try to imagine all of this is true in that moment.

1. **I choose me.** I invest in myself, even when I don't feel like it, because I'm planting seeds so I can create a **great** future for myself!
2. **I make an impact.** I also invest in me because the more I develop my best self, the more I can help **others** and the world. Even when school is hard, overwhelming, I don't feel engaged by the teacher, the subject or the work I have to do, I keep my eyes on the prize of a good future where I make a positive impact.
3. **I do my best then a little bit better.** I do my personal best then I always push myself to do just a little bit better. I have grit and resilience. When things get hard, I don't give up, I give effort, patiently and persistently.
4. **I speak up.** I advocate for myself when I need help. I have enough humility to be able to ask for help AND receive it because that is what all successful people do.
5. **I don't let distractions get the best of me.** I don't let anything get in the way of what's most important, which is the important people in my life and doing the things that matter most to me.
6. **I don't give my inner critic much attention.** Everyone has an inner critic that tells us negative things that hold us back and keep us procrastinating. Successful people still have an inner critic, but they

give **more** attention to the voices that are positive and that help them move through challenges!

7. **I am honest with myself about my strengths and limitations.** I understand that it's human nature to be unrealistic about how long things take me, and being unrealistic gets me behind in school and life. So I purposely listen to my own thoughts to sift through and find the truth! I don't let my unrealistic ideas make me procrastinate, I don't "wait" for motivation to miraculously happen. Instead, I persistently take baby steps until I get momentum.
8. **I focus on the good.** It's so easy to focus on what I don't have or where I don't feel like enough or where others are wrong. It's easy to blame others and play the victim. But I choose to focus more on the good, on what I am thankful for, on what is going right.
9. **I let my parents help.** I let my parents help me but not enable me because I want to be an independent adult. A lot of students resist help from parents, but parents care a lot and are trying the best they can. I know when it's good to accept help in positive and healthy ways, and I keep an open mind. Instead of getting frustrated, I tell my parents HOW I like to be helped.
10. **The world needs my unique gifts.** I build upon my strengths, talents, gifts, interests, passions. These things help me find purpose and meaning. I'm a pretty awesome person and I have a lot to offer the world.
11. **BONUS I take 100% responsibility for my happiness, success and well-being.** I take full responsibility because even though people push me, encourage me, try to help me, I know it's ultimately up to me and nobody else. I've got this!

**Finally**, I am an amazing human. I am kind, generous, thoughtful, caring, loving, smart, talented, capable, and even though I always try to be a better person, I like, appreciate and accept exactly who I am today!

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