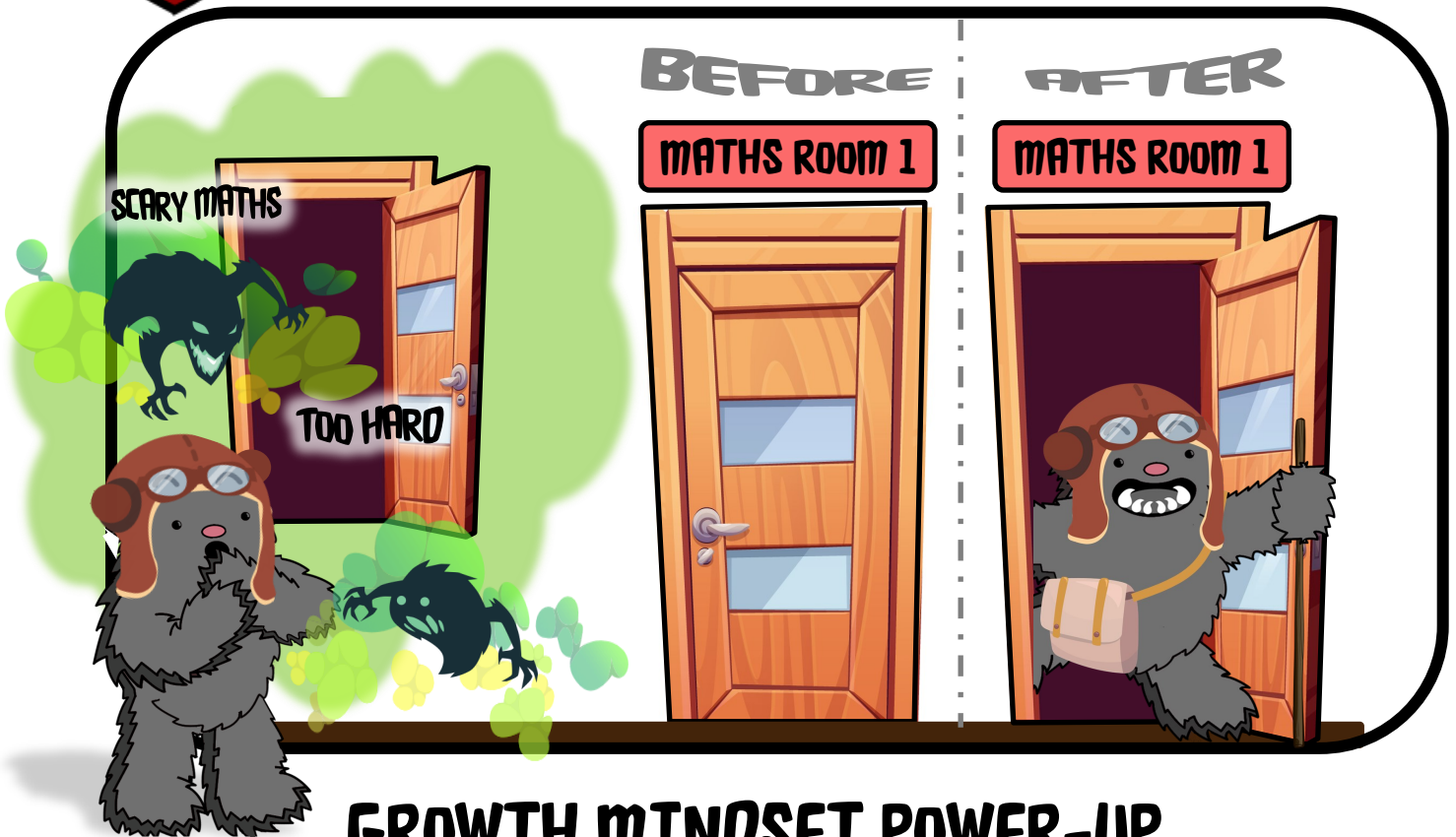


BADGE OF COURAGE



Taking the first small step towards working through your fears or anxieties instantly makes you feel stronger and more capable.

Even the most scary of situations doesn't seem so bad if you have a better idea of what you're dealing with.



GROWTH MINDSET POWER-UP

- Courage and Growth Mindset go hand in hand.
- Having the courage to take a step towards something you find difficult or uncomfortable shows real strength.
- Work on training the little voice inside your head to be a cheer leader to help motivate you.
- It's ok to tell yourself that you're working hard and doing well. The more positive self-talk you try, the easier it becomes.

