

Be The Best You Can Be

Firstly, you are an amazing and unique person. You may not realise it yet or even feel it but you are.

Who Wants To Be A Success?

Who would like to be a successful person? I bet you are ready to call out, "*Me, yes please! I want to be successful!*"

"But I'm nothing special, surely I had to be born with a natural talent?"

Not true. You research any successful person on this planet and you will find that nearly all of them started as a regular kid just like you or I.

Albert Einstein was asked to leave school because his teachers thought he was "*stupid*" and **Thomas Edison** was classed as a "*slow*" learner at school.

Jessie J was thrown out of the school choir because the teacher didn't like her voice.

Usain Bolt just loved running fast when he was a kid and **David Beckham** just practiced football more than his team mates.

"Yeah but I've never been really great at anything..."

Oh yes you have! You just need to believe that you are good at things. In fact, there are lots of things you have achieved but you sometimes forget about them for one reason or another.

Let us try a little exercise now! In the box below, write down as many things you can think of that you have achieved.

It could be something in school like passing a test, improving in a subject or even a teacher telling you well done. Perhaps it's something at home or you got a certificate for something. Perhaps you've done well in sport like run your furthest distance. Have you helped someone or is there something that you find quite easy to do every time you do it?

Start writing...

Things I have done well

How did that feel? Easy? Hard?

Well we can come back to that later and add more things as you think of them.

Everyone has amazing potential to achieve things but sometimes we need to change one thing and that is called:-

Mindsets

Your mindset affects your potential. If you have a fixed mindset then you will stand still however having a growth mindset will allow you to grow.

Think of a tree, it never ever stops growing. It doesn't say to itself; *"I'm bored of growing new leaves and branches, I think I'm going to stop now."*

Be like a tree and keep growing!

Here is your next little exercise, take a look at the box below and make a commitment to yourself by writing down a mindset change for yourself.

| | FIXED MINDSETS | GROWTH MINDSETS |
|--------------------------|---|---|
| CHALLENGES | Avoid challenges | Embrace challenges |
| OBSTACLES | Give up easily | Keeps on going in the face of setbacks |
| EFFORT | See effort as fruitless or waste of time | See that every bit of effort adds up to big results |
| CRITICISM | Ignore useful negative feedback and blames others | Learns from criticism and learns from mistakes |
| SUCCESS OF OTHERS | Threatened by the success of others and sometimes jealous | Find inspiration from others who are successful |

My mindset to change

This is starting to feel good hey? Do you notice that this is all about you and not anyone else?

"Yes but people are always making fun of me or telling me I am rubbish..."

Sadly people will do that! Sometimes it will be someone who you don't like and at times it will even be someone who really loves you as well because they feel that they are protecting you.

Positive Thoughts and Feelings

You can see how the mindsets above are all positive statements and are open to growth.

If you reinforce positive thoughts and actions, then the results will follow.

Imagine how many times we all say, "Oh I can't do that!"

How about changing that statement and saying, "Hmm, I can't do that yet but I'm going to find out how to!"

This is the first step to boosting your confidence and self-esteem and developing your character.

"But stuff at school is boring and too hard..."

Yep it is isn't it? Perhaps you feel sometimes even pointless I bet?

If I had a pound for every time someone said that, well I certainly would have lots of pounds now.

A great business guru and a man you may not have heard of before once said, **"Learn everything in school now and dump what you don't need when you don't need it!"**

His name is **Jim Rohn**, an American farm boy. He went on to be a self-made millionaire travelling the world and lecturing in every country you could imagine.

What a great statement he said. So, go on, learn it now, it's free!

Lots of adults say that they wish they had tried harder at school and again, if I had a pound for every time I heard that statement...you get the idea, now don't you?

"To try or not to try, that is the question..."

Shakespeare famously said that didn't he? Ok, it wasn't quite that but there is no harm in having some fun.

Success requires effort and sometimes effort, or trying is hard work and boring.

It is now time for another simple exercise. In the box, list the subjects you love and the ones you don't care for so much in the relevant columns.

|  |  |
|---|---|
| | |

It is easier to work on the subjects in the smiley column isn't it but let's have a look at the sad column. It would be easy to give up on this column and not try but here is the truth...

You have to go to these lessons anyway so you have two choices:-

1. Pain
2. Pleasure

Most people don't like the first one - pain. However spending the rest of your school years attending painful lessons is not going to be very nice.

How about trying option 2, pleasure? Change your mindset. Pick one of the growth mindsets from the box we just used and apply it to one of your sad subjects.

"What if I fail though?"

That's right, sometimes things are just far too confusing but try anyway.

It is acceptable to try really hard and to not succeed but it is not acceptable to not try and fail.

Did you know, the only way you can fail is to actually quit for good?

Of course we are not going to get it first time every time. You may get lucky once or twice but we have to fail our way to success.

Colonel Sanders, the guy who invented KFC, had his recipe rejected 1,009 times before someone said yes.

Thomas Edison tried over 10,000 experiments before he successfully invented the light bulb. He saw every single failure as a success saying, "I have now successfully identified another way in not how to invent a light bulb!"

How many times does a child fall down when they first start to walk? They never quit and say, "*Oh, walking is not for me, I think I'll stay on all fours forever!*"

"But I just don't get it!"

That is fine though! Some things will make sense as you grow and some won't. Not everything is for everyone, which is why we are all individuals. Some people will love one thing and some will love others.

Opening Doors

See how many doors you can open... That is a metaphor by the way. Every time you open a new door you enter a new room so metaphorically speaking, opening a door is creating a new opportunity.

Being a teen is great because there are so many things a teen has yet to experience and many of them you don't even know exist yet.

Let us start with things that we do know exist. We are going to set some goals now.

Imagine that it is impossible to fail in life, there are no obstacles, no barriers and we don't have to worry about effort or practice for the moment. What would you do? Where would you go? What would you have?

In the box below, write down as many things as you can.

Please be specific, realistic and legal though. Your answers have to be humanly possible. Of course, things like super powers and time travel would be really cool but they are not possible. Be legal too, there is no satisfaction in being a criminal.

Start writing again: -

My goals

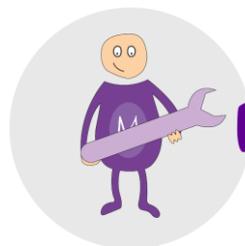
Well done! You now have a box full of goals and what you do with them is now really important.

Focus on them every single day. Make a plan on how to achieve them. If they are big, break them down into smaller goals. Keep applying the growth mindset principles above.

Keep working hard in education both in school and on yourself. Motivation and self-belief come from within. If you make good decisions now then you will form a habit which will help you to continue to grow when you leave school behind.

Qualifications are brilliant, they will open doors for you but add in a great attitude and behaviour, good social and interpersonal skills you will be unstoppable.

It is time to be the best you can be!



Future Toolbox
by MAD4Life

