'It's not always the people who start out the

SMARTEST

who end up the smartest'

PROFESSOR CAROL DWECK
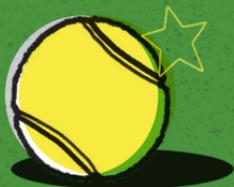**AWESOME CREATOR OF GROWTH MINDSET THEORY**

CHALLENGE YOURSELF.

Being talented isn't enough! With hard work and practice you can grow your skills, knowledge and talents. Are you pushing yourself as hard as you could be?

'I REALLY THINK A CHAMPION IS DEFINED NOT BY THEIR WINS BUT BY HOW THEY CAN RECOVER WHEN THEY FALL.'

SERENA WILLIAMS
AWESOME TENNIS LEGEND

CHALLENGE YOURSELF.

Use your failures to help you learn how to do better. Think: What will I do next time to make it work?

'I WILL NOT LOSE,
FOR EVEN IN DEFEAT, THERE'S A
VALUABLE LESSON LEARNED,
SO IT EVENS UP FOR ME ...
YOU LEARN MORE
IN FAILURE THAN YOU
EVER DO IN SUCCESS.'

JAY-Z
AWESOME RAPPER,
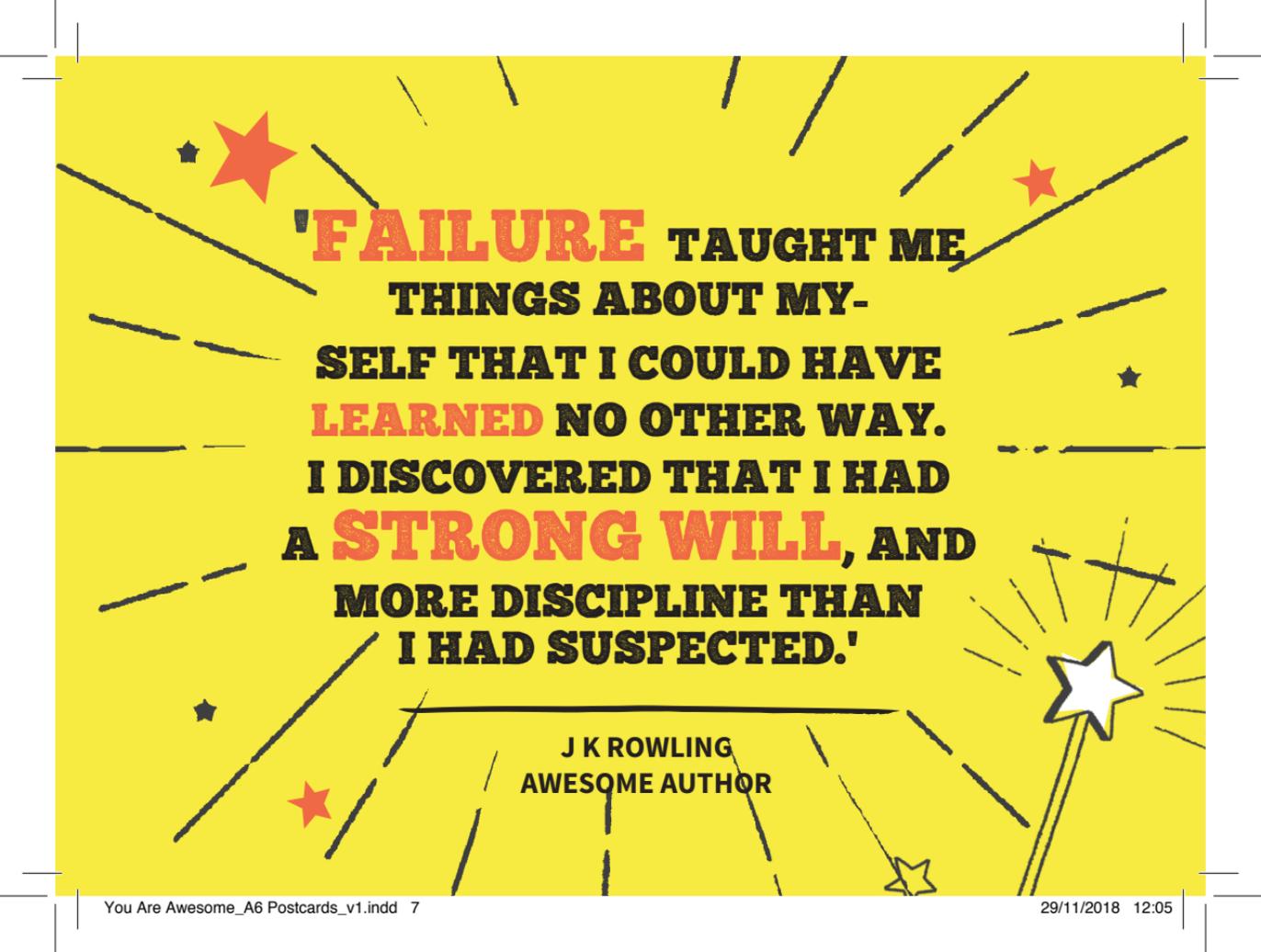**SONG WRITER, RECORD**
PRODUCER

CHALLENGE YOURSELF.

Think about a time when you have failed. What could you learn from that failure?

'**FAILURE** TAUGHT ME THINGS ABOUT MYSELF THAT I COULD HAVE **LEARNED** NO OTHER WAY. I DISCOVERED THAT I HAD A **STRONG WILL**, AND MORE DISCIPLINE THAN I HAD SUSPECTED.'

J K ROWLING
AWESOME AUTHOR

CHALLENGE YOURSELF.

Think what you do when you really want something to work. What are you willing to do, or give up, to make that thing happen? What have you learned about yourself?

CONTINUOUS EFFORT

*– not strength or intelligence –
is the key to unlocking
our potential.'*

**SIR WINSTON CHURCHILL
AWESOME PRIME MINISTER
DURING THE 2ND WORD WAR**

CHALLENGE YOURSELF.

What do you want to be awesome at? Make a plan to practise. Do it every day. Don't make excuses. Be ready to push yourself. Get ready to change from Kid Average to Kid Awesome.

'I'M **CONVINCED** THAT **ABOUT HALF** OF WHAT SEPARATES **SUCCESSFUL ENTREPRENEURS** FROM **THE NON-SUCCESSFUL** ONES IS **PURE PERSEVERANCE.**'

STEVE JOBS
AWESOME CO-FOUNDER OF APPLE

CHALLENGE YOURSELF.

Perseverance requires the courage to face difficult situations. Get ready to stick at it when the going gets hard. What will you say to yourself when you want to give up?