



CAN YOU FIND THESE EIGHT WORDS?

**Confidence • Resilience • Awesome • Mission Control
Goal • Practice • Neuroplasticity • Mistakes**

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | M | O | N | R | C | S | H | P | J | M | L | D | E | K | A |
| D | F | Y | L | E | B | L | D | V | U | T | A | D | M | Y | C |
| N | P | T | V | Q | A | G | F | M | X | W | S | F | I | N | G |
| K | U | I | C | O | N | F | I | D | E | N | C | E | S | F | X |
| E | Y | C | G | Z | E | D | U | S | C | A | S | T | S | P | S |
| B | N | I | H | W | M | K | O | P | H | B | R | H | I | M | U |
| C | Y | T | S | N | T | M | Y | R | Z | O | C | E | O | L | Y |
| P | G | S | O | P | E | W | H | A | X | A | C | Y | N | H | J |
| O | W | A | I | F | P | Z | H | C | Y | N | T | J | C | W | I |
| V | E | L | D | T | N | K | U | T | E | L | Q | P | O | R | B |
| X | Q | P | Z | C | R | O | X | I | U | G | W | C | N | X | U |
| M | H | O | B | G | D | E | L | C | W | E | Y | I | T | D | V |
| H | U | R | E | V | Y | I | F | E | D | M | S | A | R | L | D |
| D | F | U | S | P | S | A | G | W | Z | U | Y | C | O | S | K |
| T | Y | E | L | E | M | I | S | T | A | K | E | S | L | U | V |
| W | U | N | R | J | H | T | B | P | O | Y | Q | F | E | P | N |





THREE TOP TIPS FOR GETTING REALLY GOOD AT STUFF:

1. Dream BIG
2. Don't be afraid to fail
3. Practice!

I WANT TO GET REALLY GOOD AT...

(write or draw your goals)

TO DO THIS I'M GOING TO

(write or draw how you will achieve it!)





**COLOUR IN THIS
ILLUSTRATION AND PUT IT ON
YOUR WALL AS A REMINDER
OF HOW AWESOME YOU ARE!**





**DESIGN A MOTIVATIONAL
POSTER TO INSPIRE YOU OR
YOUR FRIENDS TO BE BRAVE
AND TAKE THE FIRST STEP
TOWARDS YOUR DREAMS!**

