



Lesson 7: Try, Try, Try - Things To Know

Trying helps you learn, get better at things, and succeed. It's good to **try new things, try your best,** and **try again.**

Why should I try new things?

Trying is the first step at being good at something. It helps you find out what you can do and what you like to do.

Tell yourself:

- I'll just give it a try and see what happens.
- If I don't succeed at first, I can try again and again.
- I don't have to be perfect.
- I can fix mistakes I make.
- It feels good to try new things.
- I can get help whenever I need it.

Why should I try my best?

When you try your best at something you're already good at, that's how you go from good at something to GREAT at something.

When you don't give something your all, you might not do well. Even if you don't care much about the thing you are doing, it doesn't feel good to mess up because you didn't put effort in. You miss a chance to feel proud.

Tell yourself:

- Doing my best is a way to build confidence.
- I can learn from mistakes.
- I can get better and better.
- I learn something each time I try.
- I can push my limits and learn what I'm capable of.

Why should I try again?

When you try again, you learn not to give up. You build your strength, patience, and grit. You learn that you have what it takes to succeed and overcome mistakes and failures.

Tell yourself:

- What can I do to fix the mistake?
- What do I need to get better at?
- I didn't succeed at this — YET.
- Who can help me improve?
- My team is here for me.
- The more I try, the better I get.



(Lesson 7: Try, Try, Try - Things To Know, continued)

Turn Your Thinking Around With Self-Talk.

Sometimes, we need a bit of self-talk to change our thinking and help us try. Here are ways to turn your thinking around:

Instead of: "I know I won't like this."

Say: "I might like this."

Instead of: "I have to be the best."

Say: "Doing my best is good enough. It's OK not to be the best at everything."

Instead of: "What if I can't do it?"

Say: "If I can't do it yet, I can practice and try again."

Instead of: "What if I mess up?"

Say: "It's OK to mess up sometimes."

Instead of: "I totally failed. I can't keep going."

Say: "I messed up that time, but I can put it behind me and keep going."