



Activity 2: I Can Do Hard Things!

Try this activity with your child and remind them that perseverance and a growth mindset are skills we practice every day.

Think of something that feels difficult right now. Maybe you're learning a new skill, trying something in a sport, working through a friendship challenge, or learning something new at school.

Complete these sentences:

1. Something that is hard for me: _____
2. One thing I have already tried: _____
3. Something I can try next: _____
4. Someone who can help me: _____
5. When I feel like giving up, I can tell myself:
" _____."

My Leadership Challenge

Try one more time—even if it doesn't work perfectly.

Afterward, ask yourself:

What did I learn by keeping going?