



The Challenge Post

Keep track of how many times you have given something a try. See if you can get to 20 tries, and then reflect back on what feels easier or better. See what else you want to try and give it 20 tries.

Example:

Name Your Challenge:

Draw a picture of hippo.

Number of Tries: ~~###~~ ~~###~~

Ten tries so far, only 10 more to go. Is your hippo changing?

Name Your Challenge:

Number of Tries: _____

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Just think of all the brain neurons you are connecting. Each time you do something over again, you are building and building your brain. You are so amazing. I know you can do whatever you put your mind to.

