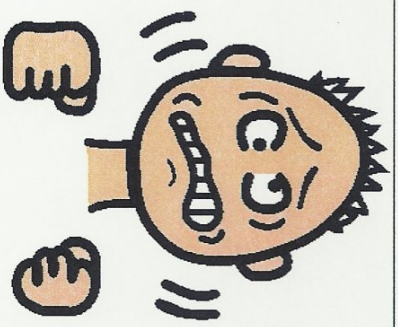


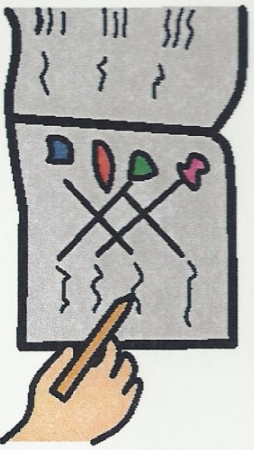
# Grades 6-8: Trying When It's Hard



Stop and say,  
"This is hard."



Remind yourself about why  
you need to keep trying  
even when it is hard.



Try.



Remind yourself for trying.  
Use positive self talk.