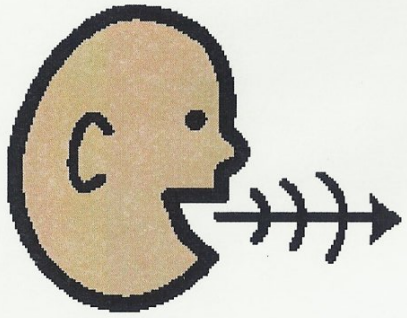
K4-K5: Trying When It's Hard

Say, "This is hard.
I'm frustrated."



Say, "I'll try anyway."

Try it.

Reward yourself
for trying.