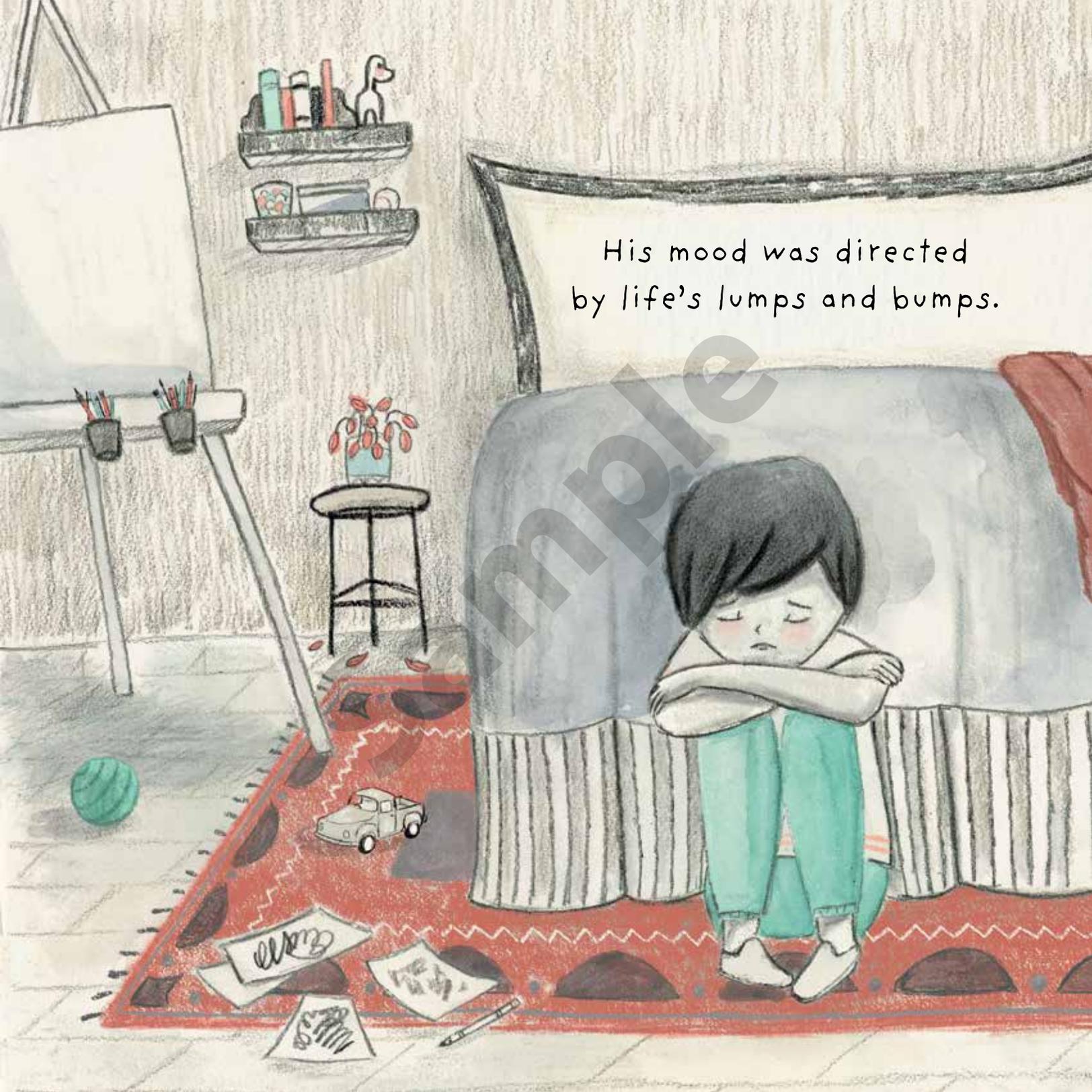




Then life threw some curveballs,
which life tends to do.
It was hard and confusing.
They felt kind of blue.

She became somewhat gloomy
and down in the dumps.

His mood was directed
by life's lumps and bumps.



Or the project for school hanging over his head...
to him it looked wrong, and it filled with him dread.



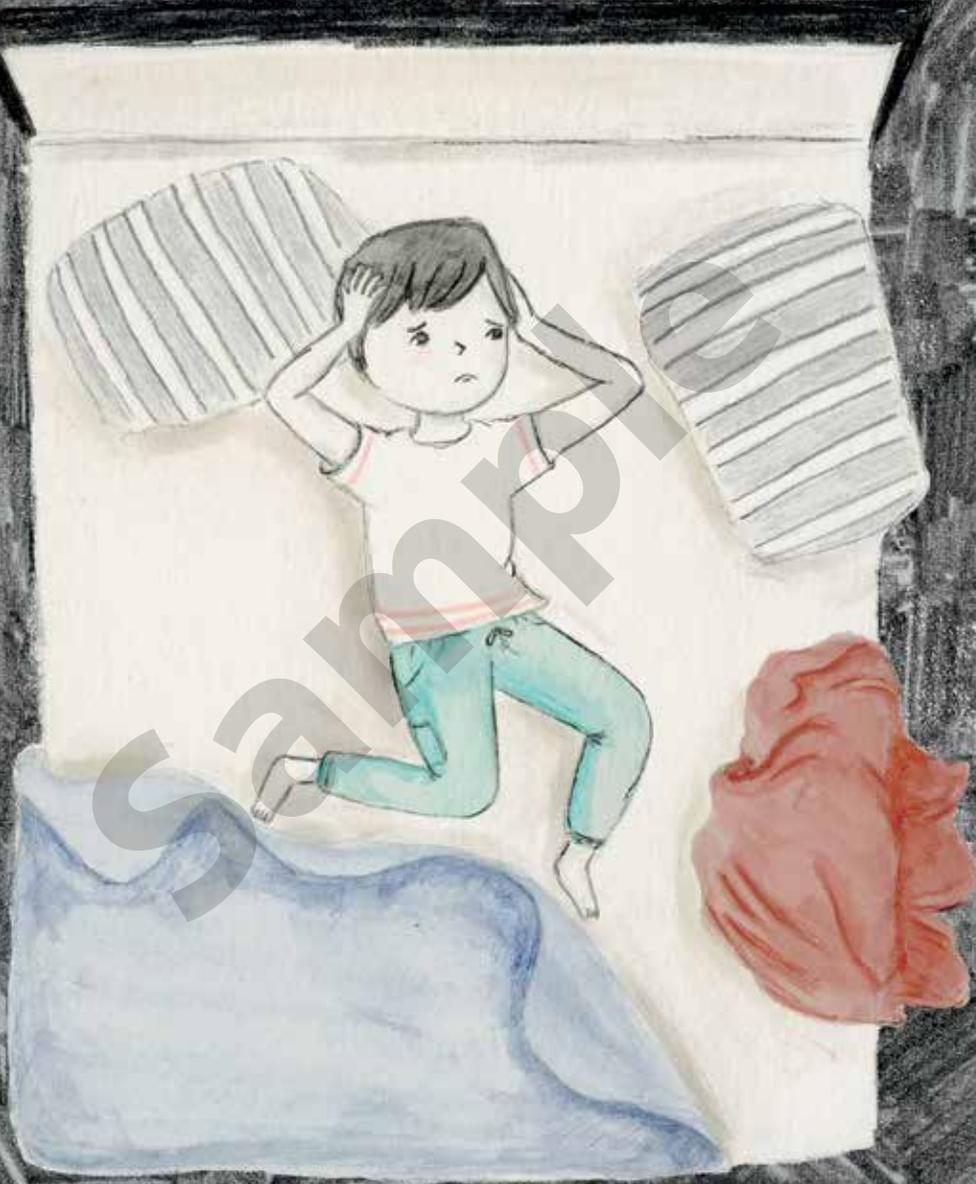
His thoughts were critiques:
"I *must* be the best."
"I *should* do it better
than all of the rest."

Unhelpful Thinking Style: "Shoulds & Musts"
a.k.a Perfection or Bust

Solution: Remind yourself that "perfect" doesn't exist,
and that effort matters more than outcome.



He felt like a failure, was full of disgust.
He thought, "I'll give up—it's perfection or bust."



But he disliked the pressure from thoughts so judgmental,
so he changed them to ones that were kind, fair, and gentle.

Conversation Starters and Discussion Questions

- **What is a brilliant, resilient mind?**

The word *brilliant* means clever and marvelous, and *resilient* means that you are able to bounce back from challenges. Your brilliant, resilient mind is both smart and capable, and it is constantly evolving and improving as you learn and grow!

- **What is a mindset?**

A mindset is how you think about things, including what you believe about yourself, others, and the world. Your mindset has the ability to help you feel positive, even when things are tough, as well as the ability to make you feel worse. We now know that mindsets are *not* so “set”—meaning you can mold your mindset to be more helpful to you by paying attention to your thoughts.

- **What do my thoughts have to do with the ups and downs of life?**

We are all unique, and we all have our own thoughts and feelings about what happens in our lives. As an example, two people can experience the exact same event but have very different thoughts about what happened. One person may think about the event in a negative way, causing them to feel down, while the other person may think about it in a more helpful and balanced way, which enhances their resilience and empowers them to push onward.