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Add Music and Stir

Music is a powerful mood-changer. A finger-snapping beat, a catchy chorus or a peppy melody can bring a joyful vibe to any situation.

Tidying up your room? Do it to the sound of your favourite hip-hop artist. Got homework? Something soothing and serene playing softly in the background might be the A+ choice.

Sharing your favourite tunes with others is also a great way to bring friends, both new and old, together. Karaoke night, anyone?

So pump up the volume and get out the tambourine.

Music Rocks!



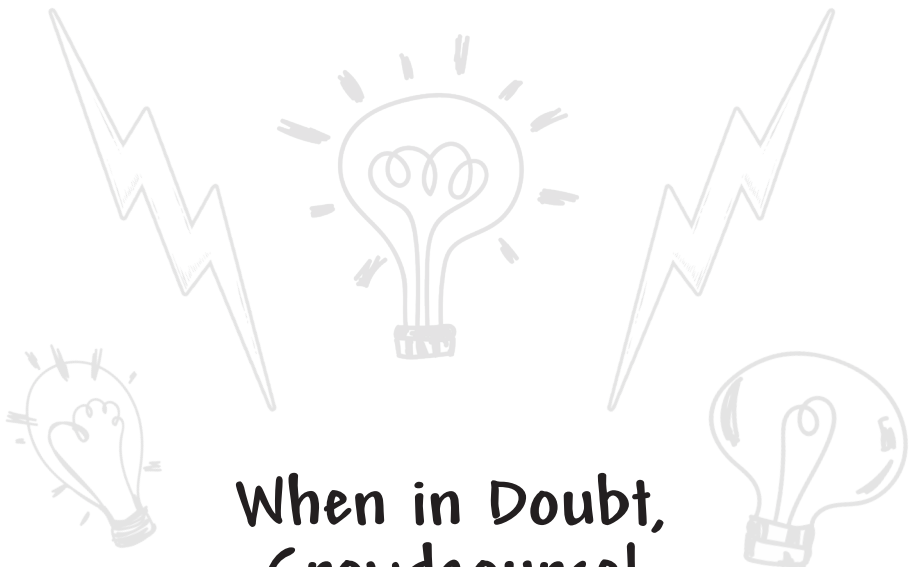
Put Fun on the Calendar

Fun doesn't just appear at your door. You have to plan for it and make it happen!

Start with a fun idea: *I want to have a slumber party with my three besties.* Or *I wonder if I could build the world's tallest house of cards . . .*

Then ask yourself, *Is it doable?* If the answer is yes, that's where the calendar comes in. *Someday* never comes. But *Tuesday at 3* will be here before you know it.

So choose a date and mark it on your schedule — in ink! Organize your supplies and make all your arrangements *now*. By the time that big day arrives, you'll be ready!



When in Doubt, Crowdsource!

Oh no! You can't figure out the answer to that tricky word problem or how to fix the flat tire on your bicycle. You're stumped and feeling defeated. Don't fret. Crowdsource!

Of course you should try to sort things out for yourself first — that builds resilience and stick-to-it-iveness. But when you're stuck and can't find a solution to a problem on your own, a brainstorming session with pals or family members might turn up the exact answer you're looking for. Maybe your peeps will show you a strategy you can use next time to solve the problem on your own.

It's okay to ask for help. Experts don't get to be experts all by their lonesome. Everybody needs a helping hand sometimes.



DON'T Ask for Help

Asking for advice or assistance from others is often a great idea. It can save you time and make your life easier. But there are times when it's better to solve a problem yourself.

Sometimes when you take a shortcut you are really shortchanging yourself. By not doing the work, you lose the chance to learn something deeply, from the inside out.

Solving problems on your own builds confidence; it teaches you that you can rely on yourself in a tough spot. It also builds perseverance, which means you can stick with a difficult task for longer periods of time. That, in turn, leads to mastery and success.





“The ‘silly’ question is the first intimation of some totally new development.”

– Alfred North Whitehead



Be Curious

Achieving success isn't about having all the right answers. It's about asking the right questions. Knowledge starts with curiosity. So be curious!

Ask questions all the time and take very little for granted. Let the ordinary events of everyday life trigger your curiosity. (What is toothpaste made of, anyway?)

The more questions you have and seek to answer, the more you'll learn. The more you learn, the more capable — and interesting — you will be.





Mix It Up

Do different things. The more variety, the better. Doing the same things over and over, even if you enjoy them, is less fun than if you mix it up.

So try something new! Variety is the spice of life.



Grow a Growth Mindset

Some people believe they are born with certain talents and abilities, and nothing they do will change that. This way of thinking is called a “fixed mindset.” Others believe you can develop skills of all kinds through hard work. This way of thinking is called a “growth mindset.”

A growth mindset can help you reach your goals. It makes you more likely to work at tasks and be more open to input from others than a fixed mindset does. And those traits are the ones that really work!

If you tend to have a fixed mindset, you’re not stuck with it. You can change it. Growing a growth mindset is only a matter of practice. That’s what the growth mindset is about, after all!

Put That Growth Mindset to Work!

When faced with new challenges, resist the impulse to say, “I don’t have what it takes.” Instead, nourish your dreams with these growth-mindset go-tos.

- ★ Embrace each new challenge with the view that you will learn from it.
- ★ See failures as temporary setbacks. Catch your breath and try again.
- ★ Did someone criticize you or your work? Don’t turn it into an “always” or “never” statement in your mind, (“I’m not good at washing dishes.”) Instead, see it as a guide for improvement. Next time, you’ll take more care and do a bang-up job, right?