

## **Try to Change**

Have you ever wanted to quit? I know I have; you might have too. Quitting is not a good thing. You don't get ahead by quitting, so don't quit. Believe in yourself and believe you can do it. Always remember if you believe it, you can achieve it.

### ***Aiming high.***

When you want to do something, aim high. People have always told me to aim high which I understand can be hard. Sometimes people don't understand what aim high means; it does not mean that you have to be the best. It just means to do the best of your abilities. We are all different and have different talents. Sometimes it seems things come easier to those around you. They are probably looking at you thinking the same thing. We have our differences, but we can all make a difference and reach goals. You just have to find what works for you.

### **Expect to win.**

Saying 'expect to win' might sound stuck up or cocky. However, expecting to win can do some good things. Expecting to win can help you gain confidence. Most of all why you should expect to win is you need to have hope and be able to believe in yourself. Always believe you can do it. Negative thoughts are more likely to bring negative results.

### **Self talk.**

Do not say negative things about yourself. If you say you're no good then you believe it. When you say something then your brain hears it and it believes what it hears. When you talk you need to say positive things about yourself or others. It is just as easy to lift others up, and it makes you feel much better.

These are some of the things that people forget to do. If you are one of those people it is okay. You can just try not to quit, aim high, expect to win, and have positive self talk. Doing these things have helped me to feel better about myself. When you feel good about yourself, it can have a positive impact on those around you. You may not notice it at first, but it does happen.