

My Protector- My Positive Mindset

"Sometimes, when you think about your future, when someone asks what you want to be when you grow up, or when you have to make a tough decision, doubt can creep in. You might ask yourself, *'What if this isn't right for me?'* or *'What if my dream doesn't come true?'* We all experience that negative voice, including me—and none of us like it. But how can we overcome it? I believe the answer lies in having a 'Positive Mindset.' I believe that a positive mindset is a lifelong protector that will guide me through all of life's situations."

The changes can be tough for an eleven-year-old like me, especially when starting middle school. I must be more independent, and school becomes more challenging. Imagine finishing eight different homework assignments from each class! That would be stressful for any kid. It can feel like a heavy weight on your shoulders. Thankfully, when we use our positive mindset in these situations, it lifts that weight with relief. Your positive mindset tells you, "You can do this! Just believe in yourself, and you can face anything!"

A positive mindset can make you feel strong and help you persevere during difficult times. One way to think positively is to use the word 'yet'. For example, if I want to master a skill but don't know how, it just means I haven't mastered it 'yet'. Another way to stay positive is to avoid self-doubt. Many of us feel we shouldn't stand out and should look like everyone else. But the truth is, it's wonderful to be unique and to show your true self to the world! I want to be a famous writer one day!

Finally, a positive mindset can help us overcome the fear of making mistakes or losing confidence when we fail. No one is perfect, and we all make mistakes at least once in our lives. While we can't go back in time to fix them, we can use our mistakes as reminders to do better in the future.

As you can see, having a positive mindset helps us think clearly, build confidence, and make better choices in life. It protects us wherever you go and makes the world a safer, stronger place for all of us.