

HOW TO BE A LEARNER...AND LIKE IT!

Keep your goal in mind! Being a learner helps you reach it.

Give yourself breaks! Do something fun!

Have fair expectations. Everyone fails!

Challenge 'I can't' thinking and get a support team!

Ditch comparing. You'll get it in your time.

Take small steps and celebrate success.

MEMORY MOTTOS

Nobody knows everything! Remember these when you find it hard to be a learner:

Taking advice isn't being weak. It is making me stronger!

Every person in the world is a learner - not just me.

Just because I don't know, it doesn't mean that I can't.